

TIPS TO EAT PINEAPPLE WITH GESTATIONAL DIABETES



Prefer eating fresh pineapple in recommended portions to keep total carb intake under control.



Avoid canned, dried, and juiced pineapple as they are high in sugar.



Abstain from juicing pineapple to retain fiber, which slows down sugar absorption.



Follow carb-counting to add pineapple to your diet. For instance, $\frac{3}{4}$ cup of pineapple contains 15 grams of total carbs.



Eat pineapple with a low-carb, high-protein, or high-fiber meal to slow down glucose absorption.

Note: Speak to your doctor or a licensed nutritionist to know the amount of pineapple you can safely include in your diet.

References:

1. International Tables of Glycemic Index and Glycemic Load Values: 2008; AmericanDiabetes Association
2. Pineapple; Defeat Diabetes Foundation
3. Healthy Eating for Gestational Diabetes; NHS Foundation Trust
4. Nutrition Tips for Gestational Diabetes; Kaiser Permanente