

33 yummy
& healthy
pregnancy
snacks

(that won't spike your blood
sugar or leave you hungry)

Brought to you by The Pilates Nutritionist!

Let's be real.

When you're pregnant, healthy eating is more important than ever.

You want to eat foods that help grow a healthy baby, but you don't want to deprive yourself of yummy food.

And... you might be worried about snacking on the right foods to prevent gaining a ton of weight.

Believe it or not, you have more control over this than you realize and it starts with snacking smart.

This is even more crucial if you've been diagnosed with gestational diabetes.

One thing I realized in my years working as a prenatal nutritionist and diabetes educator is that the same snacks that helped my clients with gestational diabetes control their blood sugar were the ones that helped curb cravings for junk food (that can get really strong while you're pregnant!).

So, the snacks featured in this guide are gonna be your best friend, no matter what you're going through in this pregnancy.



Let's start with some basics about *why* the snacks in here help you:

- fight cravings before they start
- keep you full for a long time
- don't raise your blood sugar too much
- prevent you from gaining a ton of weight

All the snacks in this guide have a balance of **fat-to-protein-to-carbohydrates**. Each of these nutrients fuel your body differently.

Foods that have *carbohydrates* raise the blood sugar the most, while **protein and fat stabilize your blood sugar**. Carbs are quickly broken down into sugar in your body, which is why when you eat a lot of them, your blood sugar goes up.

They are also the foods that trigger cravings, particularly for sweets and junk food, because once your body has processed the carbs your blood sugar plummets quickly and sends your body the signal to **EAT MORE FOOD. *Like, now!***

That's why diets high in carbs are linked to excess weight gain in pregnancy.

So, these snacks are intentionally low in carbs.

Women with gestational diabetes need to be particularly careful with how many carbs they eat at one sitting. This will vary woman to woman and is best discussed with your nutritionist.



Carbs are found in:

- grains (bread, pasta, crackers, etc), beans/legumes, starchy veggies (like potatoes, peas, corn, sweet potatoes + winter squash)
- milk and yogurt (but not cheese, cream, or butter)
- fruit
- anything that contains sugar, even natural sugar like honey

Higher fiber carbohydrates, such as whole grains and beans, might raise your blood sugar a little slower than processed carbs, but they *still raise your sugar*, so be careful with how much you eat at one time.

Always eat carbohydrates with **protein and fat** to prevent your blood sugar from rising too fast and to keep you full for longer.

The following snacks follow the above principles and will keep you satisfied between meals. They're likely a little more gourmet than that boring handout you got from the doctor. (*bonus points!*)

As always, it's important to listen to your body and always eat when you're hungry and stop when you're full.

That's why most of these snacks don't have specific serving sizes, with the exception of the high carbohydrate foods. I recommend 15g or less of carbohydrates per snack.

Now go forth and snack with confidence!



Low Carb Snack Ideas: (barely raise the blood sugar, if at all)

- Nuts - any kind (almonds, cashews, walnuts, pecans, etc)
- 1/2 c plain Greek yogurt + 1/4 c berries (may use stevia to sweeten)
- Beef or turkey jerky (look for one without MSG)
- Cheddar, jack, or string cheese
- 1/4 c blueberries or strawberries with unsweetened whipped cream
- Guacamole + fresh celery and bell pepper
- Small salad with pine nuts, balsamic dressing, and goat cheese
- Hard boiled egg + salt and pepper
- Cherry tomatoes, mozzarella, fresh basil, olive oil + vinegar
- Olives and dill pickles
- 1/2 avocado with salt, pepper, and lemon juice
- Grilled chicken breast with pesto and Parmesan cheese
- Roasted curried cauliflower with coconut milk + cashews
- Celery sticks with peanut butter or almond butter (unsweetened)
- 1 oz dark chocolate + nuts (75% cacao or more. *Really* dark!)
- Grass-fed beef patty with cheese served over a green salad
- Sautéed kale with real bacon
- 1/4 cup raspberries + ricotta or cottage cheese (stevia to sweeten)
- Unsweetened almond or coconut milk



Moderate Carb Snack Ideas: (raise the blood sugar a little)

- 1/2 cup homemade sweet potato fries + grilled chicken
- Quesadilla - 1 small corn tortilla + cheese + avocado + salsa/cilantro, full-fat sour cream
- Taco - 1 small corn tortilla + chicken, beef, fish, or shrimp + lettuce/cabbage, salsa, full-fat sour cream
- 1/2 cup beans or lentils + cheese
- Crackers with cheese, peanut butter, or sardines (6 Triscuits)
- Apple + small handful of almonds or string cheese
- 1/2 Banana + peanut butter
- 1/2 cup fresh pineapple + cottage cheese
- 1/2 cup fruited/flavored Greek yogurt
- 1 cup milk + small handful of almonds
- 1/2 cup Hummus + feta cheese (pasteurized) + celery/carrot sticks
- 1/2 peanut butter sandwich on sprouted whole grain bread
- 1/2 sandwich with turkey or cheese (+ mustard, lettuce, tomato...)
- Smoothie: 1/4 c berries, 1/2 c plain Greek yogurt, 1 cup unsweetened almond milk. Stevia or vanilla extract to taste. (bonus points for adding 1 Tbsp chia seeds!)

Please note this information is not medical advice, nor is it meant to replace the advice of your doctor or dietitian and I assume no liability for the use or misuse of this information.

Who is The Pilates Nutritionist?



Why that's me, Lily Nichols!

Yes, the girl holding vegetables just bursting with excitement (farmers' markets are my Disneyland).

One of my specialties is prenatal nutrition and I have a warm place in my heart for women with gestational diabetes.

I spent years helping women with gestational diabetes learn to manage their blood sugar with real food. I've worked with the California Diabetes and Pregnancy Program, some of the top Perinatologists in the country, and have spoken at over a dozen professional conferences on the topics of gestational diabetes, prenatal nutrition, and exercise during pregnancy.

I help expecting moms have healthy, happy babies by teaching them the best foods and exercises (including Pilates) for a successful, easy pregnancy. If you've been diagnosed with gestational diabetes, I can help you learn to fearlessly manage your blood sugar through lifestyle changes, so you have a lower chance of needing medicine or insulin and so that your baby gets the best start possible.

As a registered dietitian/nutritionist, certified diabetes educator, and certified Pilates instructor, who has worked in hospitals, clinics, health food stores, state programs, Pilates studios and in private practice, I integrate my varied background to give you the best, simple to follow nutrition advice and help you **fall in love with food again, one real food meal at a time.**

If you are pregnant and want an expert nutritionist at your side to make your pregnancy as healthy as can be, head over to www.PilatesNutritionist.com and let's get started!

