



# Gestational Diabetes

## AND YOUR DIET

**Controlling your blood sugar is easier with the right food choices.** Start by using the Sample Menu Pattern. Make an appointment with a Registered Dietitian to help you learn more about carbohydrates, how to plan nutritious meals, and get ideas to control your blood sugar levels.

### What is gestational diabetes?

Gestational Diabetes is high blood sugar that is recognized for the first time in pregnancy. Some changes in your diet are recommended to control high blood sugar and your weight gain. In most cases, diabetes goes away after the birth of your baby. However, you are at greater risk for diabetes later in life.

### What can I do?

During pregnancy, the closer the blood sugar level is to normal, the healthier you and your baby will be. A well planned nutritious diet using the following steps will help control blood sugar. In addition, you will be asked to check your blood sugar at home regularly.

#### Step 1: Avoid sugars and sweet foods.

Avoid foods such as cookies, fruit juice, candy, ice cream, fruit-flavored drinks, soda pop, desserts, baked goods, syrup, jam, jellies and honey. These foods are high in sugar and may cause a rapid rise in your blood sugar level. Sugar substitutes are often used to sweeten beverages, cereals and other food products. These substitutes will not affect your blood sugar; avoiding the use of sugar substitutes during your pregnancy is wise.

#### Step 2: Eat at regular times.

Eat regularly scheduled meals and snacks to help control blood sugar. Three smaller meals and 3 snacks should be eaten every day. It is not wise to skip or delay meals.

#### Step 3: Eat a small breakfast every day.

Your hormones cause your blood sugar to be higher in the morning, it's best to eat a small breakfast, and avoid processed breakfast cereal. Including small snacks in between meals helps control your appetite and glucose levels.

#### Step 4: Increase the fiber in your diet.

Eating high fiber foods can reduce the rate at which your blood sugar rises. Therefore, it is important to include whole grain foods, vegetables, green salads and fresh fruits in your diet daily. This practice can help you avoid problems with constipation as well.

#### Step 5: Control your weight gain.

Your goal is to gain at a moderate rate by eating nutritious food for a healthy pregnancy. In addition to avoiding sugars and sweet foods, watching your portion size is important in managing your weight gain. Discuss with your provider how much weight gain is good for you.

#### Step 6: Get more physical activity.

Get at least 30 minutes per day of walking, swimming, or other activity. This is a powerful way to control your blood sugar and weight.

# Healthy foods. The right amounts. A daily food guide— FOR GESTATIONAL DIABETES

**These sample menus can be used as a guideline until you are able to schedule an appointment with your dietitian.**

## Sample Menu Pattern # 1

### Morning Meal:

½ cup cooked oatmeal  
½ whole wheat English muffin  
1 slice reduced fat mozzarella cheese  
hot beverage (no sugar)

### Morning Snack:

1 cup low-fat or nonfat milk  
1 small orange

### Noon Meal:

2 slices wheat bread  
3 oz. chicken breast  
mayonnaise  
1 cup raw vegetable  
½ cup fresh fruit (unsweetened)  
1 cup low-fat or nonfat milk  
beverage (no sugar)

### Afternoon Snack:

6 crackers  
1 ounce cream cheese  
½ cup fresh fruit

### Evening Meal:

1 cup brown rice  
3 oz. chicken breast  
1 cup spinach  
margarine  
beverage (no sugar)

### Evening Snack:

3 cups popped popcorn  
15 small pretzels

## Sample Menu Pattern # 2

### Morning Meal:

2 slices wheat bread  
margarine  
1 scrambled egg  
hot beverage (no sugar)

### Morning Snack:

1 cup plain low-fat yogurt  
½ cup fresh strawberries

### Noon Meal:

1 cup whole wheat pasta  
marinara sauce with lean  
ground beef  
green salad and asparagus  
½ cup fresh fruit (unsweetened)  
beverage (no sugar)

### Afternoon Snack:

6 crackers  
¼ cup hummus dip or bean dip  
½ cup raw vegetables

### Evening Meal:

1 baked potato  
3 oz. lean meat  
1 cup broccoli  
margarine  
1 cup low-fat or nonfat milk

### Evening Snack:

1 cup low-fat or nonfat milk  
1 piece of fresh fruit

Schedule an urgent appointment with your dietitian in your clinic by calling the Call Center: **303-338-4545** or call **303-614-1070**. Your dietitian will teach you carbohydrate counting to plan meals and snacks to help control your blood sugars.