



GESTATIONAL DIABETES MELLITUS

Gestational Diabetes Mellitus is a high blood glucose (sugar) level that is first discovered during pregnancy.

About one in every twenty pregnant women develops gestational diabetes, making it one of the most common problems of pregnancy. The diabetes usually disappears after the baby is born. Also, it is the mother who has diabetes, not the baby.

The goal of treatment in gestational diabetes is to control your blood glucose levels. Therefore, proper nutrition is extremely important. What you eat, how much you eat, and when you eat can all affect your blood glucose. Follow these nutrition guidelines, to better control your blood glucose level.



NUTRITION GUIDELINES

- Eat three small meals and two to three snacks each day.
- Eat at the same time each day.
- Space meals throughout the day. Meals should be planned every 4 to 5 hours with snacks planned, as needed, 2 to 3 hours after meals.
- Do not skip meals or snacks.
- Avoid fruit and juice at breakfast.
- Combine carbohydrate-rich foods with protein-rich foods to help control blood glucose. (Example - turkey sandwich on whole grain bread)
- Limit foods that are high in added sugar.
- Gain weight slowly and gradually. Recommended weight gains are based upon your weight for height at the start of pregnancy.
- Choose a variety of foods.
- Control fat intake.
- Increase dietary fiber with whole grains, beans, fresh vegetables and fruits.
- Increase fluid intake.

High Carbohydrate Foods to Limit:

- Regular soft drinks
- Candy and chocolates
- Fruit juice
- Syrup
- Table sugar
- Fruit canned in heavy syrup
- Sherbet and Sorbet
- Jellies and jams
- Cake and icing
- Pastries/Pies/Desserts
- Honey and Molasses
- Lemonade, Kool-Aid
- Ice cream

SAMPLE MENUS

Sample Menu

2137 calories
254 grams of carbohydrate (46%)
130 grams of protein (24%)
72 grams of fat (30%)

Breakfast

1 starch	1 slice whole wheat toast
1 milk	1 cup skim milk
1 meat	1 egg or 2 Tbsp peanut butter
1 fat	1 tsp margarine

Morning Snack

1 fruit	½ banana
1 starch	6 saltine crackers
1 meat	1 oz cheese

Lunch

2 starches	2 slices whole wheat bread
1 fruit	½ banana
1 milk	1 cup plain yogurt
1-2 vegetables	raw carrot and celery sticks
2 meats	2 oz lean turkey
1 fat	1 tsp mayonnaise

Afternoon Snack

1 starch	3 graham cracker squares
1 fruit	½ cup unsweetened applesauce
1 meat	1/4 cup cottage cheese

Dinner

2 starches	1 small baked potato, 1 small dinner roll
1 fruit	½ cup unsweetened sliced peaches
1 milk	1 cup skim milk
1-2 vegetables	½ cup cooked broccoli, small dinner salad
3 meats	3 oz chicken breast
3 fats	2 tsp margarine, 1 Tbsp salad dressing

Evening Snack

1 milk	1 cup skim milk
1 meat	1/4 cup tuna
1 starch	1 slice whole wheat bread
1 fat	1 tsp mayonnaise

Free Foods:

- Vegetables - cabbage, celery, cucumber, zucchini, radishes, salad greens (lettuce, spinach), mushrooms
- Herbs and spices
- Unsweetened and caffeine free coffee and tea (limit 2 cups per day)
- Club soda
- Water