

Gestational Diabetes

Diabetes (high blood glucose) that starts during pregnancy is called gestational diabetes.

Gestational diabetes may start when you are pregnant because of changes in your hormones. With good control of gestational diabetes, you and your baby can be healthy!

Tips to manage your gestational diabetes:

- **Follow the eating plan you and your dietitian develop.** If you are not seeing a dietitian, ask your health care provider to refer you to a dietitian. You and the dietitian can work together to create an eating plan just for you!
- **Eat at the same times every day or at least within 30 minutes of your regular mealtimes.** Do not skip meals.
- **Eat planned snacks between meals, 2 or 3 times every day. Follow your eating plan for each snack.** Do not skip snacks. Your bedtime snack is especially important.
- **Drink water when you are thirsty. Follow your eating plan for juice, milk and other drinks.**
- **Eat high fiber foods** such as whole grain breads and cereals, brown rice, dry beans or dry peas, and fruits and vegetables. If you leave the skins on fruits and vegetables, you will get extra fiber.



- **Avoid foods and beverages high in sugar such as regular soda pop, large desserts, syrups, and large amounts of juice.** If you have a difficult time avoiding sweets, ask your dietitian how you include small amounts of them in your eating plan.
- **Get at least 30 minutes of physical activity every day unless your health care provider says no.** It's best to get some physical activity right after meals.

Talk to your dietitian about any problems you have following your eating plan.

- Do home monitoring of your blood glucose levels 2 to 4 times a day. If levels are not within your goal range, contact your health care provider's office.
- Good blood glucose ranges for most pregnant women are:
 - Fasting: 60-90 mg/dl.
 - One to 2 hours after meals: 120 mg/dl or less.

Talk to your health care provider about how often and when to check your blood sugar levels.

My everyday **ACTION PLAN** to help manage my gestational diabetes is:

Eat meals at these times: _____

Eat a snack at these times: _____

Be physically active for _____ minutes.

Test my blood glucose level at: _____

Eat healthy by: _____

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