



Manage Diabetes in Pregnancy

Congratulations on your pregnancy! Our Diabetes Educators will work closely with you to help you and your baby be as healthy as possible. The steps to a healthy pregnancy with Diabetes are:

- ✓ Check blood glucose as directed
- ✓ Follow healthy eating guidelines
- ✓ Be active for 30 minutes on most days

CHECK BLOOD GLUCOSE

- Check your blood glucose 4 times each day.
 - Check upon awakening (also called fasting). Goal is less than 95 mg/dl.
 - Check one hour after the first bite of each meal. Goal is less than 140 mg/dl.
- Send your weekly blood glucose log to your educator in MyChart or by fax

CALL US

- Is your blood glucose consistently **higher than the targets** above? Call us.
- Do you **take insulin and your blood glucose is less than 70** twice in one week? Call us.
- Is your blood glucose **higher than 200**?
 1. Wash your hands and then re-check your blood glucose.
 2. If it is still higher than 200 then drink water and talk a walk.
 3. Re-check your blood glucose in 1 hour.
 4. Call us.
- Is your blood glucose **higher than 300**?
 1. Wash your hands and then re-check your blood glucose.
 2. If it is still higher than 300 go to Urgent Care or Emergency Room.

DIABETES EDUCATORS

PHONE: 805-681-7820

FAX: 805-679-8308

Source: Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes—2021, Diabetes Care 2021; 44 (Suppl): S200-S2101. https://care.diabetesjournals.org/content/diacare/44/Supplement_1/S200.full.pdf

HEALTHY EATING AND MORE

Avoid sugar, sweets and sugar-containing foods

This includes honey, jam, jelly, syrup, regular jello, candy, regular soft drinks, Kool-Aid, fruit drinks, fruit juices, lemonade, sweetened teas, doughnuts, cookies, pies, puddings, ice cream, sherbet, sorbets, yogurt with added fruit/sugar, and fruit canned in syrup.

Eat protein and/or fat at every meal

Protein foods include eggs, meat, chicken, turkey, fish*, cottage cheese, cheese, peanut or almond butter, tofu, tempeh, vegetarian “meats”, nuts (almonds, walnuts, pistachios, etc), seeds, and avocado.

Distribute carbohydrate foods throughout the day

Eat smaller amounts of carbohydrates with protein/fat about every 3 – 4 hours. Read labels! Diet plan includes 15 grams of carbohydrates at breakfast and snacks and 30 grams of carbohydrates at lunch and dinner (see carbohydrate choices). When you begin testing your blood sugar, your blood sugar numbers after your meals will determine your specific carbohydrate recommendations. Have a small bedtime snack if your dinner is more than 2 hours before bedtime.

Limit carbohydrate choices at breakfast

No fruit and limit milk to 4 oz until you are testing your blood sugar. Use whole grain hot cereal instead of cold cereal (ok to add nuts, no raisins).

Sample: 1 slice whole grain toast with peanut butter, eggs or lean sausage

Choose high fiber foods

Beans (pinto, black, white, lentils, etc); whole grains such as brown rice, quinoa, barley; whole grain breads, tortillas, crackers or hot cereal; starchy vegetables such as sweet potatoes, winter squash or yams.

Fruit

Each 15 grams of carbohydrate from fruit has a different portion size. Limit fruit portions to ½ cup of any fruit until you have a listing of the specific fruit portions. Avoid fruit in the morning.

Exercise!

We recommend routine activity especially exercises familiar to you: walking, dancing, swimming, stationary or outside bicycle, hiking or other activity you enjoy.

Control Weight Gain

Substitute vegetables for starchy foods. Enjoy unlimited amounts of celery, cabbage, cucumbers, lettuce, spinach, mushrooms, onions, radishes, green beans, zucchini, broccoli, cauliflower, and asparagus.

- If you need to slow your weight gain, limit calories.
- Choose lower fat protein foods: chicken and turkey without skin, lean red meat, fish* (not fried), low-fat lunch meats; low-fat cheese and cottage cheese. Limit bacon, pork sausage and hotdogs.
- Cook with less added fat (oil or butter).
- Bake, broil, steam, boil, grill, barbeque or microwave foods instead of fry.
- Control portions of nuts, avocado, and mayonnaise.
- Decrease portions of animal fats. Try lower fat versions of sour cream, cream cheese, salad dressing and butter.
- Eat mindfully – slow down and enjoy each bite.

Acceptable fish during pregnancy include Pacific salmon and halibut. Limit swordfish, shark, tuna.

Carbohydrate Portions

Breads: 15 gm Carbohydrate

Check labels for specific information

1 slice bread, white or grain (1 oz)
1 small roll (1 oz)
¼ bagel
½ English muffin
½ Pita bread (6 inch across)
½ hotdog bun (1 oz)
1 waffle
1 corn tortilla (6 inch)
½ flour tortilla (12 inch)
1/3 cup stuffing

Grains: 15 gm Carbohydrate

1/3 cup cooked rice, white or brown
½ cup cooked pasta
½ cup cooked bulgur
1/3 cup couscous
1/3 cup quinoa
1/3 cup cornmeal
½ cup chowmein noodles
¼ cup wheat germ
3 Tbl flour

Cereal: 15 gm Carbohydrate

Check labels for specific information

½ cup bran cereal
½ cup cooked oatmeal
½ cup cooked cream of wheat
½ cup cooked grits
¾ cup unsweetened dry cereal
½ cup unsweetened shredded wheat
1/3 cup raisin bran type
¼ cup granola
1/3 cup grapenuts

Fruits: 15 gm Carbohydrate

1 small apple (4 oz or 2 inch across)
½ cup applesauce
4 dried apple rings
2 small or 1 large apricot
6 to 8 apricot halves, dried
½ cup canned apricots in own juice
½ banana (4 oz or 4 inch)
¼ cup banana chips
¾ cup blackberries or blueberries
1 cup cantaloupe or watermelon cubes
12 cherries
2 Tbl dried cranberries, sweetened
¼ cup dried cranberries unsweetened
1 to 2 dates
1 large or 2 medium figs
½ cup fruit cocktail in natural juice
½ cup medium grapefruit
15 to 17 grapes
1 slice honeydew melon
1 kiwi
½ cup mango
1 small nectarine
1 small orange
1 cup papaya cubes
1 small peach
½ cup canned peaches in own juice
½ large pear
½ cup canned pears in natural juice
¾ cup cut up pineapple
½ cup canned pineapple in own juice
1 small plum
3 prunes
2 Tbl raisins
1 cup raspberries or strawberries
1 tangerine

| These Foods RAISE Your Blood Sugar (Carbohydrates) | | | | These Foods DO NOT RAISE Your Blood Sugar | | |
|--|---|--|---|--|--|---|
| Bread, Grains, and Starchy Vegetables | Fruit | Milk and Yogurt | Sweets – AVOID | Non-Starchy Vegetables | Meat and Protein | Fat |
| 1 serving = 15 grams | 1 serving = 15 grams | 1 serving = 15 grams | 1 serving = 15 grams | 1 serving = 1 cup raw or ½ cup cooked 5+ servings/day | Varies per individual needs | Use in moderation |
| ½ cup dry beans/lentils (cooked) ½ cup green peas ½ cup grits or oatmeal (cooked) ½ cup pasta ½ cup mashed potato ½ cup brown rice or quinoa (cooked) 1 slice wheat bread ½ English muffin ¾ cup dry, unsweetened cereal 1 corn tortilla ½ flour tortilla ½ hot dog/burger bun ¼ large bagel 4" pancake or waffle ½ cup corn 3 cups popcorn 5-6 crackers 12-15 chips 10 french fries | 1 small fruit: <ul style="list-style-type: none"> ○ Apple ○ Pear ○ Peach ○ Orange ½ medium banana 1 cup berries: <ul style="list-style-type: none"> ○ Strawberry ○ Blueberry ○ Raspberry 1 cup melon: <ul style="list-style-type: none"> ○ Cantaloupe ○ Honeydew ○ Watermelon 15 grapes or cherries ½ cup canned fruit in light syrup or juice ½ cup frozen fruit 2 Tbsp. raisins 3 prunes | 8 ounce milk 8 ounce plain yogurt 8 ounce yogurt with artificial sweetener <i>Review nutrition label for almond, soy and rice milk and yogurt</i> | ----- AVOID ----- ½ cup ice cream ¼ cup sherbet ½ glazed doughnut 6 vanilla wafers 2 oreo cookies ½ cup pudding, sugar free 2 inch unfrosted brownie 3 graham cracker squares 3 peppermints 5 chocolate kisses 1 Tootsie roll pop 4 oz fruit juice | Asparagus Green Beans Beets Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Mushrooms Onions Peppers Radishes Squash Spinach Tomatoes Turnips | Fish Shellfish Chicken Turkey Beef Pork Lamb Tempeh Tofu Plain Greek Yogurt Cottage Cheese Eggs Nut butter (unsweetened) Nuts Seeds Edamame Cheese | UNSATURATED, MORE HEALTHY <ul style="list-style-type: none"> - Avocado - Nut butter (unsweetened) - Nuts - Seeds - Olive oil - Canola oil - Mayonnaise - Vegetable oil SATURATED, LESS HEALTHY <ul style="list-style-type: none"> - Bacon - Butter - Margarine - Cream - Cream cheese - Gravy - Sausage - Shortening - Sour cream |

Macronutrients



Protein



Carbohydrate



Fat

Carbohydrates = Starch, Sugar, Fiber

Starches

Cereal, grains, oats, quinoa, bread, pasta, noodles, rice, crackers, tortillas, roti, naan, chips, bagel, croissant, granola, popcorn



Starchy Vegetables

Corn, beans, peas, potatoes, sweet potatoes, winter squash



Sugar

Fruit, fruit juice, milk, honey, cakes, cookies, candy, soda, lemonade, yogurt, kefir, ice cream, teriyaki sauce, barbecue sauce, agave, etc.



Sugar and Starch can be **simple** or **complex**



Fiber – Slows absorption of glucose.

Non-Starchy Vegetables = Free Foods

Artichoke

Asparagus

Green beans

Bamboo shoots

Beets

Bok choy

Brussels sprouts

Broccoli

Cabbage

Cactus

Cauliflower

Carrots

Celery

Chard

Chayote

Cucumbers

Daikon

Eggplant

Green beans

Jicama

Leafy Greens

Mushrooms

Parsnips

Peppers

Onion

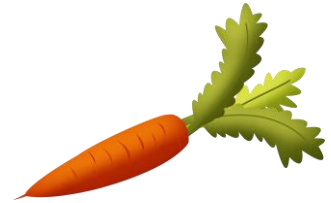
Snap peas

Spinach

Tomatoes

Turnips

Zucchini





Fish
Chicken
Turkey
Lean Beef
Lobster, Shrimp, Shellfish
Pork
Tofu & Tempeh
Low Fat Cottage Cheese
Non-fat, plain Greek yogurt
Eggs
Hard Cheese
Nuts & Seeds
Edamame



Unsaturated (Heart Healthy)

- Oils
- Olives
- Nuts & Seeds
- Nut butters
- Avocado
- Chia, Flax, Hemp



Saturated Fat (unhealthy)

- Butter, Margarine
- Cream (Half & Half)
- Sour Cream
- Cream Cheese
- Bacon
- Sausage Links



Carbohydrate Controlled Snack Ideas

During Pregnancy

These snacks contain no more than 15 grams of carbohydrates (or 1 carbohydrate choice/serving). Always choose pasteurized cheeses. Stay within allowed servings of low mercury fish. Avoid deli meats.

1 slice wheat toast with 1 Laughing Cow* light cheese wedge

1 slice wheat toast with 1 Tbsp. almond butter

½ grapefruit and ¼ avocado cubed, tossed with cilantro, salt, & pepper

12 Wheat Thins* with 1 string cheese, or with 1 hard-boiled egg

8 Kashi* crackers with 2 ounces light tuna (in water)

¼ cup hummus with 5 Wheat Thins* (whole wheat), non-starchy veggies

¼ cup guacamole with 9 tortilla chips

6 ounces plain Greek yogurt with ½ small peach, sprinkled with cinnamon

1 cup low fat cottage cheese with ¾ cup berries

1 wheat toast topped with avocado, tomato, and a dash of salt & pepper

2 Wasa* light rye crisps topped with tuna (may add mayo) and cucumber, sprinkled with dill and salt

Mini pizza: ½ whole wheat English muffin topped with tomato, low fat mozzarella and mushrooms. Place under broiler for 1-2 minutes.

Note: You may add unlimited non-starchy vegetables to any snack!

*Sansum Clinic does not endorse or recommend specific brands of food. Examples of brands given are based on servings sizes of popular brands on the market. This information is for educational purposes only. Read the nutrition label of your favorite brand to determine 15g of carbohydrates.

Sample Meals for Gestational Diabetes

Breakfast – 15-20 gm Carbohydrate

- 1 slice multi grain toast with peanut butter; can add side of scrambled eggs
- 1 slice multi grain toast with butter, vegetable & cheese omelet with salsa & avocado
- 1 whole grain waffle with peanut butter and 2 Tablespoons plain Greek yogurt mixed with vanilla, cinnamon and nuts; can add side of Canadian bacon.
- French Toast – 1 slice whole grain toast (batter = egg, vanilla, cinnamon) topped with 1-2 Tbsp plain Greek yogurt mixed with vanilla, cinnamon and nuts
- ½ toasted whole grain English muffin topped with cottage cheese, sliced tomato, avocado, sprinkle with pepper
- Quesadilla: 1 corn tortilla or low carb flour tortilla, tomato or salsa, spinach, mushrooms, avocado
- ½ cup oatmeal mixed with 1-2 Tablespoons flaxmeal, chia seeds, nuts; side of turkey sausage or scrambled eggs. Try adding peanut butter to your oatmeal!
- 1 cup plain Greek yogurt, swirl in 1-2 Tbsp peanut butter, veggies on the side.

Lunch 30 gm Carbohydrate

- Sandwich - 2 slices whole grain bread, chicken, turkey, tuna or cheese, mustard, tomatoes, lettuce, cucumber, onion, etc. Serve with a salad.
- ½ Sandwich - 1 slice whole grain bread, chicken, turkey, tuna or cheese, mayonnaise, tomatoes, lettuce, cucumber, onion, etc. 1 cup berries, or 1 small apple or orange.
- Large green salad with tomatoes, peppers, mushrooms, topped with tuna or chicken salad or turkey, ham, cheese, with your choice of dressing; serve with whole grain roll with butter, or serve with ½ cup Greek yogurt sprinkled with fruit.
- Burrito – Flour tortilla filled with chicken, cheese, tomatoes, onions, lettuce, avocado
- Taco – 1 corn tortilla filled with ground beef or turkey, tomatoes, onions, cheese and 1/3 cup black beans, avocado or 2 corn tacos without the beans.

Dinner – 30 gm Carbohydrate

- 4 oz Broiled Chicken, lean red meat or fish, 2 small red potatoes, sautéed vegetable, dinner salad with your choice of dressing and 15 grapes
- Stir fry shrimp, chicken, tofu or beef with vegetables (broccoli, carrots, mushrooms, cabbage) seasoned with sesame oil, ginger and soy sauce. Serve with 2/3 cup brown rice.
- Lasagna made filled with meat, cheese, veggies with dinner salad and dressing.
- 6 oz Meatloaf with ½ cup mashed potatoes, green beans and 1 cup milk.