

GESTATIONAL DIABETES



WHAT IS IT?

It is found while you are pregnant. Gestational diabetes happens when your body can't use all of the sugar in your blood. Insulin helps your cells use sugars. If you have diabetes, your pancreas can't make enough insulin to match the amount of sugar in your blood. That's why it's sometimes called "high blood sugar".

When your blood sugar is high during pregnancy, extra sugar goes to your baby. This can make your baby weigh more at birth and make delivery harder. Your baby's pancreas makes extra insulin to handle the high blood sugar from you. After birth your baby keeps making this extra insulin which makes him have low blood sugar. He may have to stay extra days in the hospital.

The most important thing is to keep your blood sugar in the normal range as much as possible. If you have high blood sugars during your pregnancy you may have problems with:

- ✓ *high blood pressure (hypertension)*
- ✓ *increased chance of C-section delivery*
- ✓ *bladder infections*

WHAT SHOULD I DO?

Limit sugar and sweets. Instead of sugar, use small amounts of artificial sweeteners. Avoid foods such as:

- *regular pop, sweet tea, Kool-Aid and sports drinks
- *cookies, cakes, and pie
- *honey
- *candy
- *jams & jellies
- *highly processed starches such as: instant mashed potatoes, quick-cooking white rice, and ramen noodles

Your health care provider may also want you to limit "white foods" (bread, spaghetti, pasta, tortillas) and use whole grain ones instead.

Regular exercise helps your body use extra blood sugar. Check with your doctor.

Drink fruit juice only with meals. It can cause high blood sugar. Eat small, healthy meals more often and have protein like lean meats, fish, eggs, beans, cheese or yogurt with every meal.

WHAT ARE MY GOALS?

The American College of Obstetricians & Gynecologists (ACOG) says you should try to keep your blood sugar below these levels:

Before meals – 95mg/dL or less

1 hour after eating – 130mg/dL or less

2 hours after eating – 120mg/dL or less

Ask your doctor if these numbers are right for you. If he gives you different blood sugar goals, list them here:

Before meals - _____mg/dL or less

1 hour after eating - _____mg/dL or less

2 hours after eating - _____mg/dL or less



CAN I BREASTFEED MY BABY?

Yes! Breastfeeding is very healthy for both of you. It will help your body use blood sugar and it will decrease your baby's chances of ever having diabetes.

SAMPLE MENUS:

Breakfast—

1 egg*, hard-boiled
½ slice whole wheat bread*
1 tsp. margarine
½ cup grapes or fruit canned without added sugar*
8 ounces (1 cup) non-fat skim milk*

Mid-Morning Snack—

1 slice whole wheat bread*
1 TBSP peanut butter (smooth or chunky)*
1 TBSP reduced-sugar jelly or reduced-sugar jam
4 ounces (½ cup) non-fat skim milk*

Lunch—

1 pita, small, whole wheat*
Blend the following for inside the pita:
1/3 cup canned black beans*, 1/2 fresh tomato*
(chopped), 1 ounce cheddar cheese* (shredded),
and 2 TBSP salsa
1 medium apple* with peel, cored and sliced
8 ounces water

Mid-Afternoon Snack—

Snack mix: 1/3 cup dry cereal* + ¼ cup nuts
Raw veggies, such as: carrots, celery, sweet
pepper, cucumber, radish, or broccoli
4 ounces (½ cup) non-fat skim milk*

Dinner—

3 ounce hamburger patty
1 whole wheat thin bun*
1 slice cheese*
1/2 cup green beans or other cooked vegetable*
1 cup green salad* with light salad dressing
1 cup fresh strawberries or ½ cup fruit canned
without added sugar*
1 small piece plain angel food cake or 1 shortcake
8 ounces water

Evening Snack—

3 cups popped popcorn
5 round, snack crackers or 5 square saltines
1 TBSP peanut butter* or 1 ounce cheese*

Breakfast—

1 egg*, scrambled with 1 tsp. margarine
1 (6") corn or whole wheat tortilla*
12 ounces (1½ cups) non-fat skim milk*

Mid-Morning Snack—

1 (6") corn or whole wheat tortilla*
1 ounce cheese*
4 ounces (½ cup) non-fat skim milk*

Lunch—

4 ounces (1/2 cup) tuna*
3 cups mixed greens (from bagged salad)*
½ cup chopped tomato &/or cucumber*
2 TBSP light salad dressing
Combine above into tossed salad
2 (6") corn or whole wheat tortillas*
½ cup fruit canned without added sugar*
8 ounces (1 cup) non-fat skim milk*

Mid-Afternoon Snack—

½ cup cooked oatmeal* (sprinkle with ground
cinnamon, if desired)
4 ounces (½ cup) non-fat skim milk*

Dinner—

3 ounces chicken
1 cup frozen mixed vegetables (broccoli, carrots,
cauliflower) or chopped fresh onion, green and red
peppers*
2 tsp. margarine
2/3 cup cooked brown rice*
*Stir fry chicken and vegetables in margarine and
serve over rice*
1 cup green salad* with light dressing, if desired
½ cup fresh pineapple or fruit canned without
added sugar*
8 ounces water

Evening Snack-

Fruit Smoothie made with:
½ banana*
6 ounces (¾ cup) low carb or light fruit yogurt

*WIC foods