

Providence Guide to Living Well With Gestational Diabetes

A guide to help you manage gestational diabetes for a healthy baby and healthy you

4th edition

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A special thanks to Providence Diabetes Education team, Providence Women's Clinic East Portland/Milwaukie nurses, and Providence Behavioral Health for their contributions to this book.

Your Diabetes Care Team

Your Diabetes Care Team is here to support you and your family. Your diabetes care team may include your pregnancy provider, nurse or dietitian diabetes care and education specialist (diabetes educator), pharmacist, behaviorist, and case manager.

The purpose of Providence Diabetes Services is to empower people to prevent or manage diabetes by being informed and active participants in managing their health.



Disclaimers:

Consult your doctor or primary health care provider before undertaking the changes in diet, activity, or other health behaviors suggested in Providence Guide to Living Well With Gestational Diabetes.

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Providence is here to support you as you continue to nourish a healthy baby. Gestational diabetes (GDM) is a type of diabetes that happens in pregnancy. GDM is typically diagnosed between the 24th-28th week of pregnancy. During this time the placenta is increasing hormone production, causing the body to need more insulin. Gestational diabetes develops when the body is unable to make enough extra insulin to keep blood sugars within a healthy range.

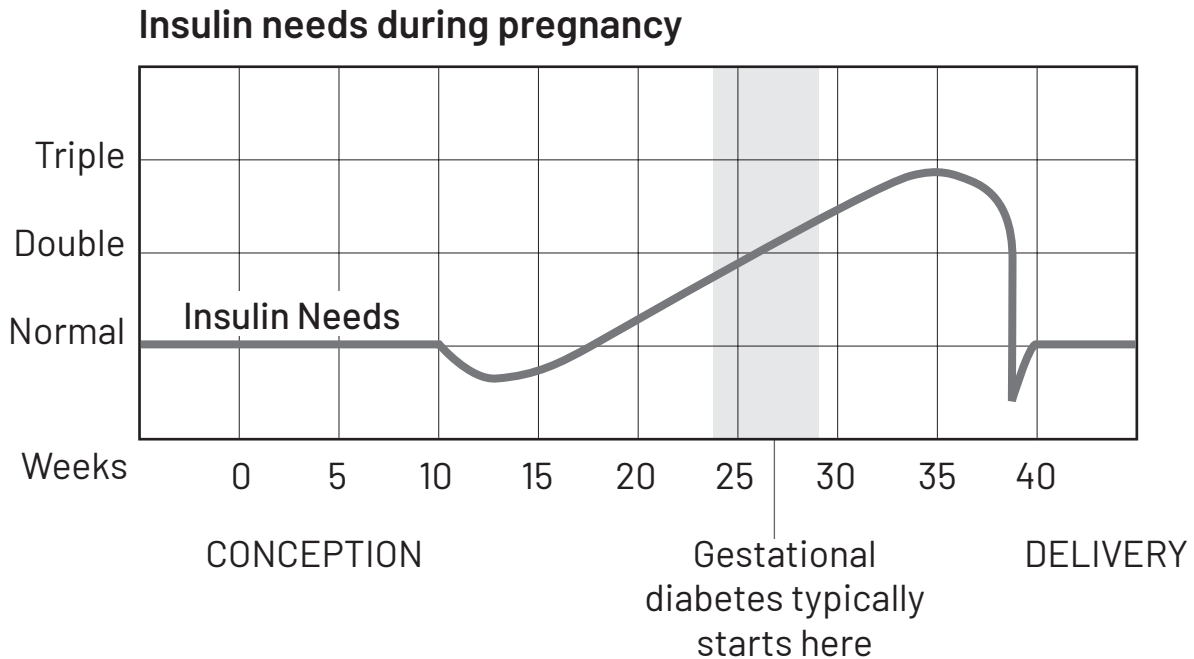
What Causes Blood Sugar to Be Higher During Pregnancy?

During pregnancy, the placenta helps your baby grow. Hormones from the placenta can block the action of your insulin, causing blood sugar build up. The sugar then passes through the placenta where it can affect your baby.

During the final months of pregnancy, your body needs two to three times more insulin. Gestational diabetes starts when your body is unable to make and/or use all the insulin it needs.

With the increased need for insulin your body is more sensitive to sugar and refined grains. When diet and regular activity aren't enough, you may be asked to explore medicine. Others may need to switch to another type of diabetes medicine or change the dose.

After the birth of the baby, your body's need for insulin should decrease. Most people with gestational diabetes who were taking medicine will no longer need it. Those who were taking diabetes medicines before pregnancy generally return to those medicines.



What Causes Gestational Diabetes?*

It is unclear what causes gestational diabetes. Some people have risk factors that increase their chance of developing gestational diabetes. Gestational diabetes is more likely in those who:

- Are overweight or obese
- Are not physically active
- Had gestational diabetes or a large baby (9 pounds or more) in a previous pregnancy
- Have a family history of diabetes
- Have high blood pressure and/or a history of heart disease
- Have polycystic ovarian syndrome (PCOS)
- Are from African American, Native American, Asian American, Hispanic/Latino, or Pacific Islander descent

*Adapted from: <https://www.acog.org/Patients/FAQs/Gestational-Diabetes>

Treatment for Diabetes During Pregnancy

Several treatment options exist to help regulate blood sugar. Your provider will create a plan with you, starting with healthy lifestyle (food, activity, and stress management). When that is not enough, your provider may discuss other treatments.

How Can Gestational Diabetes Affect Me and My Baby?

When blood sugar is consistently high, the extra sugar is passed to your baby and can affect their growth and development.

Below are some of the effects high blood sugar can have on you and your baby's health:

- Preeclampsia (involves high blood pressure)
Preeclampsia is a condition that affects some during pregnancy, usually during the second half of pregnancy (from 20 weeks) or soon after their baby is delivered.

Early symptoms of preeclampsia:

- High blood pressure (hypertension) and protein in your urine (proteinuria).

In some cases, other symptoms can develop

- Severe headache
- Vision problems such as blurring or flashing
- Pain below the ribs
- Vomiting
- Sudden swelling of face, hands or feet
- Birth by cesarean section (C-section)
- Your baby may grow larger than normal (macrosomia), making for a more difficult birth and possible injuries to you and baby
- Your baby's blood sugar might get too low after birth (hypoglycemia), resulting in baby being separated from you
- Your baby may develop jaundice after birth
- Your baby may have breathing problems
- A rare, but possible, chance of stillbirth



If you've had pregnancy-related conditions such as gestational diabetes, high blood pressure, preeclampsia, preterm labor and/ or a much smaller than expected baby at delivery, your risk of developing heart disease later in life doubles. Heart disease is the leading cause of death in the United States.

Talk with your provider about how often you should get screened. Identifying these pregnancy-related conditions early can impact future heart health and provide an important opportunity for prevention and care.

Monitoring Your Blood Sugar

Monitoring your blood sugar is important for managing diabetes. Checking your blood sugar with a glucose meter will tell you how your treatment plan is working. You will see how food, stress, being active, and possibly medicine, affect your blood sugar.

We suggest checking your blood sugar four times per day based on your provider's recommendations.

Recommended blood sugar target levels

Time	Gestational Diabetes Blood Sugar Targets	My Blood Sugar Targets (write in goals given by your provider)
Before first meal upon wakening	FBG: 60-94 mg/dL	
Two hours after starting each meal OR One hour after starting each meal (based on your provider's recommendation)	1 hour post prandial: <140 mg/dL 2 hour post prandial: <120 mg/dL	

Adapted from:

American College of Obstetricians and Gynecologists. (2018). Gestational diabetes mellitus. *ACOG Practice Bulletin*, 190.

When should I be concerned about my blood sugar numbers?	What should I do?
If your blood sugar is higher than 200	Call your provider now.
If you are on diabetes medication and your blood sugar is <70 or if you're not on medication and your blood sugar is <60	Follow the Rule of 15 and call your provider. Eat or drink 15 grams of fast-acting carbohydrate (i.e., 1/2 cup fruit juice, 6 to 8 hard candies, 3 to 4 glucose tablets) and recheck your blood sugar 15 minutes later. Once it is above 60 mg/dL, have a meal or snack with protein, healthy fat, and high fiber carbohydrate.*
If your fasting blood sugar number is higher than 95, three or more times in seven days	Wash your hands well before testing. Test first thing when you get out of bed. Share your numbers with your care team, and ask if a bed time snack is right for you.
<p>If your after-meal blood sugar is higher than:</p> <ul style="list-style-type: none"> • 140 one hour after a meal, three or more times in seven days <p>OR</p> <ul style="list-style-type: none"> • 120 two hours after a meal, three or more times in seven days 	<p>Look at your meal. Are the portion sizes too large? Are you eating a lot of bread or processed foods? Consider increasing your protein + healthy fat + high fiber carbohydrates in meals and snacks** and adding in more movement.</p> <p>If your blood sugar is higher than the goal, three or more times in seven days, share your numbers with your care team.</p>

* <https://www.diabetes.org/diabetes/medication-management/blood-glucose-testing-and-control/hypoglycemia>

**See page 13 for some ideas

Disposal of Sharps

All used sharps (lancets, syringes, and pen needles) must be disposed of properly. Because sharps can harm people and animals, it is illegal to throw sharps into the garbage. Put all used sharps into a special sharps container.

Used test strips can be thrown away in your garbage. You can buy and dispose of sharps containers in several ways. Check with any of the following for more information:

- Your local pharmacy
- Your garbage disposal company
- Your local recycling center
- Online mail-back programs
- Your county health department
- safeneedledisposal.org

If you need financial assistance to purchase a sharps container, feel free to contact the Providence Community Resource Desk in your area, or visit <https://www.providence.org/locations/or/community-health-division/community-resource-desk>, or call:

503-737-7390 in Clackamas County

971-275-7157 in Multnomah County

971-322-3003 in Washington County

503-440-9118 in Clatsop County

541-601-6793 in Jackson County

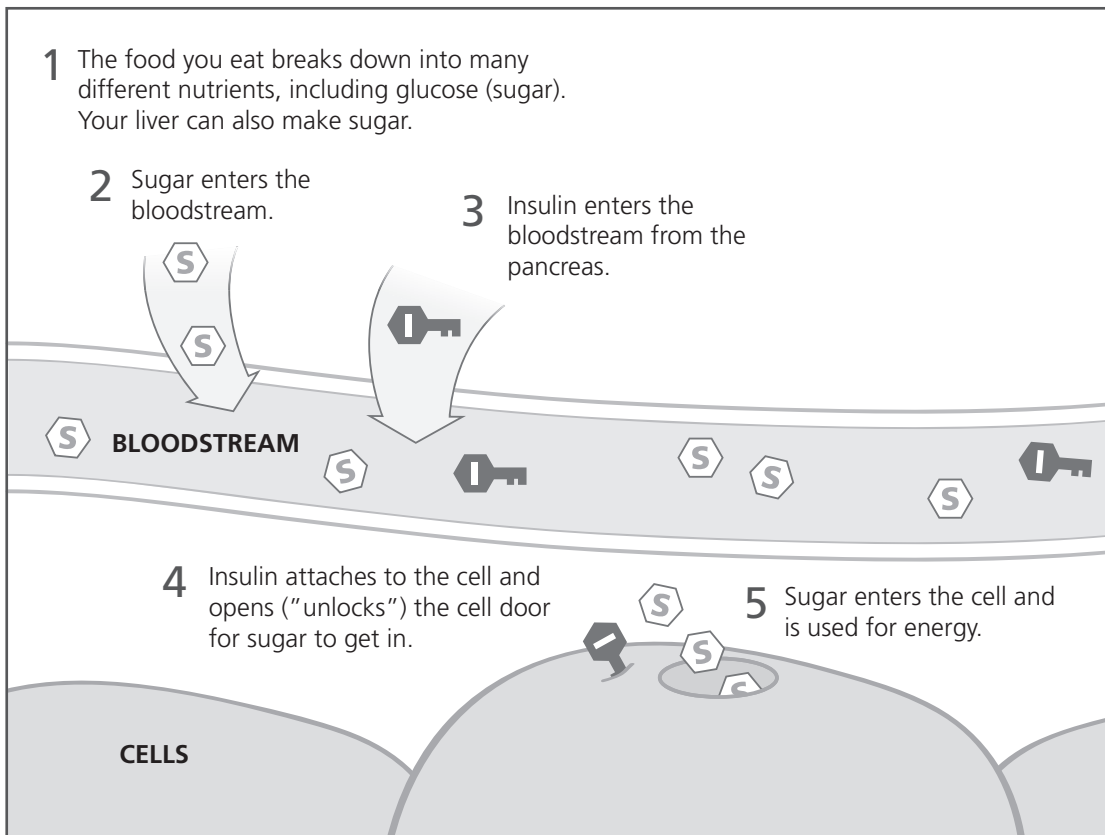
503-737-7390 in Hood River County



How Food Turns into Energy in the Body

Your body turns food into energy. Changes in hormones and weight during pregnancy can make it harder for your body to use sugar for energy.

The food you eat breaks down into many different nutrients, including glucose (sugar). Your liver can also make sugar.



When Should I Eat

The timing of eating can affect your blood sugar. For best blood sugar management, it is suggested that you eat within 1 hour of waking up. Eat every 2 to 4 hours after that while you are awake.

Eating a snack containing protein before bed can help keep your morning blood sugar within a safe range. Listen to your body. Eat when you are hungry and stop when you are full.

What Should I Eat?

Healthy eating is very important during pregnancy. Healthy eating will help you:

- Keep your blood sugar within a safe range
- Eat enough to help gain the right amount of weight
- Eat foods that provide nutrients for a healthy baby, such as iron to prevent anemia
- Decrease or prevent problems like low blood sugar, nausea, vomiting, constipation, heartburn, and excess hunger

Folic acid

Pregnant women and women planning to conceive should consume a total of 600 mcg of folic acid daily from fortified foods and supplements to reduce the risk of neural tube defects. Green vegetables, lentils and fortified cereals are excellent sources.

Iron

This mineral is essential for our blood and our needs dramatically increase during pregnancy. Iron deficiency has been linked to low birth weight and preterm delivery. Good sources of iron include beef, liver, pork, beans, leafy greens and iron-fortified cereals. You can increase absorption eating iron rich foods with vitamin C, such as citrus fruits, peppers and tomatoes.

Calcium and vitamin D

Calcium and vitamin D intake during pregnancy can affect your child's bone health into adulthood. Eat three to four servings of a calcium-rich food each day. Good sources of calcium include leafy greens, almonds, tofu and low-fat dairy products. Sources of vitamin D include sunshine, supplements, fortified milk, salmon and egg yolks.

General nutrition guidelines

- Follow a balanced meal plan, which includes having carbohydrate, protein and fat at each meal.
- Space your meals and snacks throughout the day, eating every two to four hours. Small, more frequent meals may be best to help keep your blood glucose in control.
- Keep your carbohydrate intake consistent from day to day. Carbohydrate foods include starches, fruits, milk and sweets/desserts.
- Pregnancy hormones can cause more insulin resistance in the morning. It can be helpful to consume less carbohydrates at breakfast than other meals.
- Recommended beverage – water! Other options include seltzer water, unsweetened tea or coffee.
- Increase the fiber in your diet. Choose breads, cereals and crackers with at least three grams of fiber per serving. Choose fresh fruits and vegetables each day.
- If you choose to use artificial sweeteners, the American Diabetes Association has approved the following sweeteners during pregnancy: aspartame (Equal or NutraSweet), sucralose (Splenda), acesulfame-K (Sunette or SweetOne), saccharin (Sweet n Low) or neotame (NutraSweet).

Helpful hints:

- If you have urine ketones in the morning, you may not be eating enough. Please check your meal plan for appropriate portion sizes and suggested timing of meals and snacks.

Limit highly processed foods, which often include less fiber, less healthy fat and food additives. Highly processed foods include sweets, chips, juice, sweetened yogurt, instant potatoes and commercially fried foods. Foods made with white flour (bread, pasta, crackers, cereals) are less nutrient dense versus whole grain versions. Choose these foods less often.

Healthy eating means choosing a variety of foods from each food group every day. The food groups include protein, healthy fat, and carbohydrates.

1. **Protein** helps keep your blood sugar steady. Many people have success with their blood sugar eating a breakfast higher in protein and lower in carbohydrate. Aim to eat protein with every meal and snack.
2. **Healthy fat** does not turn into sugar in the blood and can make you feel full longer. Healthy fat generally comes from plants and fish. Less healthy fat generally comes from animals and deep-fried or highly processed foods.
3. **Carbohydrates**
 - Non-starchy vegetables (lower in carbohydrates) are a very healthy choice. Eat plenty of these. Aim for at least five servings per day.
 - Grains, legumes, fruits, and starchy vegetables (higher in carbohydrates) provide energy for you and your baby. Choosing high fiber carbohydrates will help with blood sugar control.
 - Fiber helps you feel full longer, which can calm cravings and prevent impulse snacking. High fiber foods deliver more nutrients and higher quality carbohydrates than processed food.
 - Fiber foods also help prevent constipation. Drink lots of water (eight or more glasses each day) when eating high fiber foods.

Whenever possible:

- Cook food at home.
- Eat whole foods.
- Limit or avoid highly processed foods.
- Pack your own meals to work or when traveling.

Food Safety

Pregnant women are at a higher risk of developing food-borne illnesses such as *Listeria Monocytogenes* and *Salmonella*. Mercury intake must also be limited.

Follow these steps for a healthy pregnancy:

- Avoid refrigerated patés or meat spreads.
- Avoid soft cheeses or cheeses made with unpasteurized milk.
- Lunch meats and frankfurters must be reheated to steaming hot.
- Avoid raw or undercooked eggs, meat, fish or shellfish.
- Avoid shark, swordfish, king mackerel or tilefish when pregnant or breastfeeding. Eat 12 oz. or less per week of lower mercury containing fish such as salmon, shrimp, canned light tuna and catfish.
- Practice routine hand washing.

The Plate Method

The plate method breaks your eating dish down into quarters. This method helps you visualize portions of foods. It doesn't require any math and you can use it anywhere.



- Limit processed foods
- Always include protein and healthy fats with your meals and snacks. Aim for one quarter of your plate.
- Consider choosing high fiber or “complex” carbohydrates. These foods should make up another one-quarter of your meal or snack
- Aim for half your meal or snack to be non-starchy vegetables. Use this as your base and plan the rest of your meal or snack around it.
- Try to use smaller plates or bowls instead of large ones

FIBER**Non-Starchy Vegetables**

Artichokes
 Asparagus
 Bell peppers
 Bok choy
 Broccoli
 Brussels sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Cucumber
 Eggplant
 Fermented vegetables
 Garlic
 Green beans
 Greens/lettuce
 Mushrooms
 Onions
 Pea pods
 Radishes
 Rutabagas
 Spaghetti squash
 Tomatoes
 Turnips
 Yellow squash and zucchini

**Protein**

Bone broth
 Cheese or cottage cheese*
 Chicken
 Eggs
 Fish and seafood (especially oil-rich fish, such as tuna, salmon)*
 Meat (chicken, beef*, turkey, pork*, lamb*, venison, bison)
 Meat alternatives (tofu, tempeh, etc.)
 Nuts*
 Nut butter*
 Seeds*
Protein with carbohydrates:
 Kefir*
 Legumes (lentils, beans, chickpeas)
 Milk*
 Yogurt*
 Some meat alternatives

*Can be higher fat

**<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>

FIBER**Higher Fiber Carbohydrates****Fruit**

Apple
 Blackberries
 Blueberries
 Melons
 Oranges/Grapefruit
 Pear
 Raspberries
 Rhubarb
 Strawberries

Grains, moderately processed

Bulgur
 Cracked wheat and rye
 Foods made with whole grains
 Old-fashioned rolled oats
 Scottish or steel cut oats
 Whole grain cornmeal (polenta)

Grains, whole and intact

Brown rice
 Farro
 Non-pearl barley "hulled"
 Oat groats
 Quinoa
 Rye or wheat berries

Legumes

Beans (red, refried, black, pinto, garbanzo)
 Lentils

Starchy vegetables

Corn
 Peas
 Beets
 Potatoes (w/skin)
 Sweet potatoes/yams
 Winter squash (butternut, acorn, etc.)

**Healthy Fat**

Avocado, healthy oils (olive, avocado, canola, etc.**), olives, nut butter, nuts, dressings made with healthy oils, seeds, fish and seafood (especially oil-rich fish, e.g., herring, tuna, salmon, mackerel).

My Meal Plan

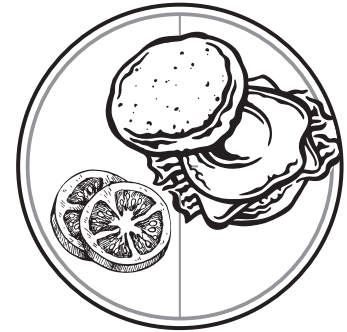
BREAKFAST



Vegetable omelet with whole grain toast

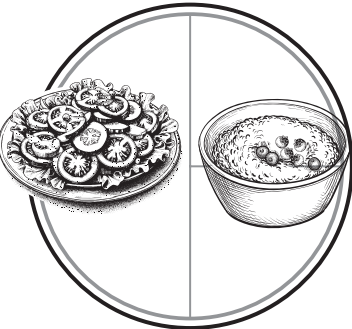


Bowl of oatmeal with walnuts and almonds



Tomatoes with whole wheat English muffin, cheese and egg

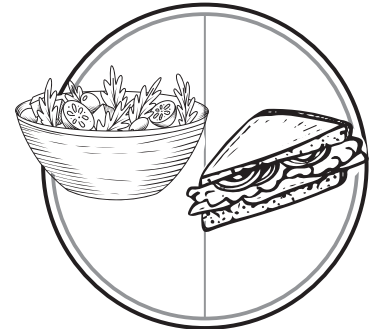
LUNCH



Cucumber and tomato slices with bowl of cottage cheese and blueberries

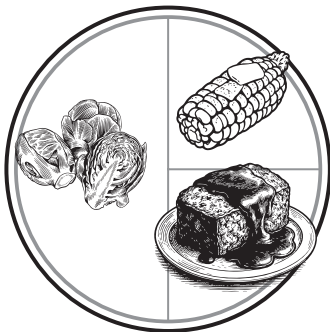


Zucchini, brown rice and chicken



Simple salad (example: tomatoes, carrots and olives), turkey and cheese sandwich on whole wheat bread

DINNER



Brussels sprouts with corn and meatloaf



Asparagus with whole grain pasta and salmon



Salad, bean chili with cheese with side of avocado

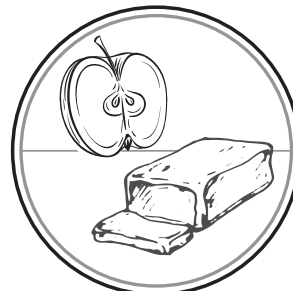
SNACKS



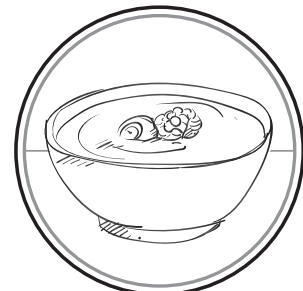
Greek yogurt with walnuts



Whole grain toast with peanut butter



Apples and cheese



Cottage cheese and blackberries

What Should I Drink?

Make sure you drink plenty of fluids every day. Below is a suggested list of what to drink and what to limit.

Drink:

- Water (eight or more glasses each day)
- Unsweetened coffee/tea (with a small amount of milk, half and half, or unsweetened milk alternative if you like), but no more than 12 ounces of caffeinated beverages per day*
- Unsweetened sparkling water
- Milk**

Limit:

- Fruit juice (even fresh-squeezed, 100%, or natural juice)
- Regular or diet soda
- Any sweetened (sugar or artificial) beverages, including sweetened coffee drinks

* The American College of Obstetricians and Gynecologists recommends you keep caffeine consumption to less than 200 mg of caffeine per day, which is the amount in a 12-ounce cup of drip coffee or three 12-ounce cups of black tea per day. Hot chocolate, yerba mate, and even coffee ice cream all have varying levels of caffeine that can add up. Herbal products are not required by the FDA to indicate how much caffeine or other additives they contain, so we recommend avoiding herbal teas and products during your pregnancy.

** This can raise blood sugar and should be monitored.

Help With Meal Planning

The following pages offer suggestions for including protein, healthy fat, and fiber in meals and snacks. The lists of ingredients are ideas of things to keep stocked in your kitchen. The recipe ideas are a framework of how to use the ingredients.

Check your kitchen for foods you already keep on hand and foods you enjoy. Modify these recipes for your pleasure.

BREAKFAST – Ingredient Ideas	BREAKFAST – Recipe Ideas
<p>Protein (pick 1)</p> <ul style="list-style-type: none"> • 2 eggs (may add fat and fiber choices) • 1 hard-boiled egg and 2 T. nut butter • 1 egg with ¼ cup shredded cheese • ¼ cup walnuts, ⅛ cup seeds, and ½ cup milk • ½ cup cottage cheese • 1 cup plain, Greek yogurt <p>Healthy Fat (pick 1 to 2)</p> <ul style="list-style-type: none"> • 2 T. avocado • 1 T. olive oil • 1 T. walnuts or almonds • 2 tsp. nut butter • 1 T. sunflower or pumpkin seeds • 2 T. half and half <p>High Fiber Carbohydrates (pick 2 to 3)</p> <ul style="list-style-type: none"> • ½ cup black beans • ⅓ cup cooked oat groats • ¼ cup cooked wheat berries • ¼ cup cooked oats (steel cut, Scottish) • 1 cup berries • 1 cup cubed melon or pineapple <p>Non-Starchy Vegetables (choose as many as possible, at least one cup)</p> <ul style="list-style-type: none"> • Bell pepper • Garlic • Mushroom • Onion • Spinach • Tomato 	<p>#1 2 eggs scrambled with 1 T. olive oil, spinach, onion, and mushroom (1 cup veggies) 1 cup raspberries ½ cup cooked quinoa Tea (caffeine free)</p> <p>#2 1 egg omelet with ¼ cup shredded cheddar cheese, bell pepper, spinach, and tomato (1 cup veggies) Top with 2 T. avocado ½ cup black beans 1 cup cubed cantaloupe Water with slice of lemon</p> <p>#3 1 cup plain, Greek yogurt 2 T. chia seeds 1 cup blackberries 8 oz. unsweetened coffee with a splash of half and half (no more than 12 oz. per day)</p> <p>#4 ½ cup of oat groats with ¼ cup walnuts, ⅛ cup pumpkin seeds, and ½ cup milk, sprinkled with cinnamon on top Tea (caffeine free)</p> <p>#5 ½ cup cottage cheese 1 T. almonds 1 cup sliced strawberries 8 oz. unsweetened coffee with a splash of half and half (no more than 12 oz. per day)</p> <p>#6 1 hard-boiled egg ½ cup steel cut oats cereal mixed with 2 T. peanut butter and topped with cinnamon and splash of milk Water infused with orange, lemon, and lime slices</p>

LUNCH – Ingredient Ideas	LUNCH – Recipe Ideas
<p>Protein (pick 1)</p> <ul style="list-style-type: none"> • 2 to 3 oz. tuna (may mix with fat and fiber choices) • 2 to 3 oz. chicken or turkey • 2 to 3 oz. beef, pork, lamb, venison, or bison • 1 cup tofu or tempeh • 2 eggs • ½ cup cottage cheese or 1 oz. cheese • ¼ cup nuts and ¼ cup seeds • 1 cup plain, Greek yogurt <p>Healthy Fat (pick 1 to 2)</p> <ul style="list-style-type: none"> • 2 T. avocado • 1 T. olive oil • 1 T. walnuts or almonds • 2 tsp. nut butter • 1 T. sunflower or pumpkin seeds • 1 T. salad dressing • 10 olives • 2 T. half and half <p>High Fiber Carbohydrates (pick 2 to 3)</p> <ul style="list-style-type: none"> • ½ cup white bean salad • ½ cup pinto beans • ½ cup bulgur salad • ½ cup quinoa • ½ cup hummus • 1 cup barley soup • 1 small apple or pear or 1 cup sliced pineapple • ½ cup corn or peas 	<p>#1 2 to 3 oz. tuna mixed with 2 T. plain, Greek yogurt, ¼ cup diced green onion, and diced dill pickle, served on lettuce leaves ½ cup hummus with 1 cup carrot slices ½ cup cooked quinoa 1 small apple Iced tea (caffeine free) with fresh berries</p> <p>#2 Taco Salad made with 2 oz ground beef, 1 oz. shredded cheese, ½ cup pinto beans, ½ cup diced onion and tomatoes, 5 sliced black olives, and 2 T. sliced avocado on at least a cup of lettuce ½ cup cooked quinoa Top with salsa Sparkling water</p> <p>#3 2 to 3 oz. chicken breast or thighs, grilled with herbs and spices ½ cup bulgur salad (made with parsley, mint, red or green onion, tomatoes, lime juice, olive oil, and sea salt) 1 cup spinach salad, sliced red onion, and 1 T. Italian dressing 1 cup berries 8 oz. unsweetened iced coffee with a splash of half and half (no more than 12 oz. per day)</p> <p>#4 Quinoa Bowl made with 1 cup cooked quinoa, 2 oz. diced chicken breast, ¼ cup diced tomato, ¼ cup onion, 1 T. cilantro, 2 T. sliced avocado, ¼ cup corn Top with 1 oz. feta cheese and dress with lime juice and olive oil Iced tea (caffeine free)</p>

LUNCH – Ingredient Ideas	LUNCH – Recipe Ideas
<p>Non-Starchy Vegetables (choose as many as possible, at least one cup)</p> <ul style="list-style-type: none"> • Bell pepper • Cauliflower • Cucumber • Garlic • Lettuce • Onion • Spinach • Broccoli • Cilantro • Dill pickle • Green beans • Mushroom • Parsley • Tomato 	<p>#5 1 cup beef barley soup with vegetables 1 cup sliced, fresh pineapple ½ sliced bell pepper with ⅓ cup Greek yogurt dill dip Water with slice of lime</p> <p>#6 ½ cup white bean salad 2 to 3 oz. grilled pork loin (marinade likely to contain carbohydrates) 1 small apple At least 1 cup roasted green beans 8 oz. unsweetened iced coffee with a splash of half and half (no more than 12 oz. per day)</p>
DINNER – Ingredient Ideas	DINNER – Recipe Ideas
<p>Protein (pick 1)</p> <ul style="list-style-type: none"> • 2 eggs • 1 cup tofu or tempeh • ½ cup cottage cheese • 2 to 3 oz. tuna • 2 to 3 oz. chicken or turkey • 2 to 3 oz. beef, pork, lamb, venison, or bison • 2 oz. meat with ¼ cup cheese • ¼ cup nuts and ¼ cup seeds <p>Healthy Fat (pick 1 to 2)</p> <ul style="list-style-type: none"> • 2 T. avocado • 1 T. olive oil or 10 olives • 1 T. walnuts or almonds • 2 tsp. nut butter • 1 T. sunflower or pumpkin seeds 	<p>#1 1 cup diced tofu, stir fried with 1 T. olive oil, ½ cup sliced zucchini, ½ cup shredded cabbage, and ½ cup sliced carrots Serve over ⅔ cup brown rice Berry infused sparkling water</p> <p>#2 Drizzle half of spaghetti squash with olive oil, salt, and pepper and bake cut side down at 400 degrees for approximately 30 minutes or until fork tender. Scrape squash strands and sauté with chopped onion and garlic; add 2 beaten eggs or 2 to 3 oz. grilled chicken, chopped parsley, and serve topped with Parmesan cheese and ½ cup spinach or any non-starchy vegetables. Side of 1 sliced kiwi fruit and ½ cup spinach salad with balsamic vinaigrette. Iced tea with lemon (caffeine free)</p>

DINNER – Ingredient Ideas	DINNER – Recipe Ideas
<p>High Fiber Carbohydrates (pick 2 to 3)</p> <ul style="list-style-type: none"> • 1/3 cup lentils • 1/3 cup brown rice • 1/2 cup sweet potato or yam (with skin) • 1 small piece or 1 cup fresh fruit • 1/2 cup winter squash (such as acorn) <p>Non-Starchy Vegetables (choose as many as possible, at least one cup)</p> <ul style="list-style-type: none"> • Asparagus • Brussels sprouts • Garlic • Onion • Pico de Gallo • Tomatoes • Bell pepper • Cabbage • Lettuce/Spinach • Parsley • Spaghetti squash • Zucchini 	<p>#3 2 to 3 oz. grilled chicken with garlic and herbs (rosemary, thyme, etc.) 1 small baked sweet potato or yam, sprinkled with olive oil At least 1 cup roasted asparagus Ice water</p> <p>#4 Beef tacos on lettuce ‘shells’: 2 oz. seasoned ground beef, 1/3 cup shredded cheese, 1/3 cup diced tomatoes, 2 T. sliced avocado, 5 sliced black olives, and 1/3 cup Pico de Gallo served on 3 to 4 lettuce leaves 2/3 cup cooked lentils Sparkling water</p> <p>#5 2 to 3 oz. grilled salmon with 1 T. olive oil and 1 slice lemon 1 cup cooked sweet potatoes At least 1 cup roasted Brussels sprouts Tea (caffeine free)</p> <p>#6 Grilled kabobs with 2 to 3 oz. pork, bell pepper, onion, and 1 cup pineapple At least 1 cup cabbage slaw salad (pork marinade or slaw dressing likely contains carbohydrates) 8 oz. unsweetened iced coffee with a splash of half and half (no more than 12 oz. per day)</p>

SNACK/DESSERT – Ingredient Ideas	SNACK/DESSERT – Recipe Ideas
<p>Protein (pick 1)</p> <ul style="list-style-type: none"> • ¼ cup cottage cheese • 1 oz. sliced cheese • ¼ cup nuts • 2 T. nut butter • ¼ cup seeds • ½ cup plain Greek yogurt <p>Healthy Fat (pick 1)</p> <ul style="list-style-type: none"> • 10 olives • 2 T. avocado • 1 T. olive oil • 1 T. walnuts or almonds • 2 tsp. nut butter • 1 T. sunflower or pumpkin seeds <p>High Fiber Carbohydrates (pick 2 to 3)</p> <ul style="list-style-type: none"> • ½ cup hummus • 1 cup berries • 1 small apple or pear • 1 cup cubed melon • 1 oz. dark chocolate (70% cacao or higher) • 1 Medjool date <p>Non-Starchy Vegetables (choose as many as possible)</p> <ul style="list-style-type: none"> • Radishes • Cauliflower • Mushrooms • Pea pods • Bell peppers • Turnips 	<p>#1 1 cup fresh raspberries with ½ cup plain Greek yogurt</p> <p>#2 ¼ cup cottage cheese with 1 cup cubed cantaloupe</p> <p>#3 ¼ cup hazelnuts and 1 oz. dark chocolate</p> <p>#4 ½ cup hummus with 1 cup sliced turnips and pea pods</p> <p>#5 1 oz. cheese with 1 small pear</p> <p>#6 2 T. peanut butter with 1 small apple</p> <p>#7 Medjool date with ¼ cup almonds</p> <div data-bbox="917 1480 1429 1921" data-label="Image"> </div>

Being active with diabetes and pregnancy

- Exercise plays an important role in good health for everyone. Regular exercise has extra benefits for people with diabetes as it can help with blood glucose control.
- If you are taking diabetes medicine, carry a snack with you and something to treat a low blood sugar if needed.
- For the greatest blood sugar benefits, be active after meals. Walking for 10 to 15 minutes after a meal can help keep your blood sugar from getting too high.

What are the additional benefits of exercise?

- Helps reduce after-meal blood glucose spikes.
- Childbirth may be easier and quicker.
- Your stomach and back muscles may get stronger. This may enable you to recover after childbirth faster.
- Reduces stress, improves energy levels and elevates your mood.
- You may sleep better.

Recommendations for exercise success

- You will gain benefits from exercising 3 to 5 times a week for 30 minutes, but the best goal is to aim for exercise every day.
- Aim for a moderate intensity pace that makes you puff slightly.
- It is okay to break your exercise into bouts of 10 minutes or longer.
- Remember, any physical activity is exercise.
- Choose an activity that you enjoy and that fits well into your lifestyle.
- Try to vary your activities so that you stay motivated.
- Exercise with a friend - it is more enjoyable and you can help motivate each other.
- Set realistic goals.
- Schedule exercise (specific days and times).
- Exercise one to two hours after a meal to achieve the greatest blood sugar reducing benefit.

What sort of exercises should I do?

Walking is one of the best exercises for pregnant women.

Other exercises include swimming or water aerobics, low impact aerobics, elliptical or step machine, stationary bicycling and yoga.

Tips for exercising safely

- Check with your doctor or midwife before beginning a new exercise program.
- If you have not exercised for a while, start at a low level and build up gradually.
- Drink plenty of fluids before, during and after exercising.
- Carefully select footwear for optimal fit and comfort.

If you experience any of the following symptoms, stop exercising immediately. Drink water and rest. Call your provider if symptoms continue for more than one hour.

- Shortness of breath
- Numbness or tingling
- Dizziness or feeling faint
- Nausea or vomiting
- Fast or abnormal heart beat
- Vaginal bleeding or leaking amniotic fluid
- Frequent contractions (more than five in an hour)
- Abdominal, back, pubic, or other pain

My exercise goal for the week ahead (use **SMART** goal setting – make your goal **specific, measurable, attainable, realistic** and **timely**).

What exercise will I do? _____

When will I exercise? _____

Where will I exercise? _____

How long will I exercise? _____

Healthy Coping

Gestational diabetes can be surprising and stressful; you may have a range of feelings. Voicing these feelings with a loved one, and/or your health care provider may be helpful. You may be comforted when reminded of the many ways to have a healthy pregnancy and baby.

Being mindful of your emotional and physical stress is important. If you become sick with a cold, you may find your blood sugars are higher. Similarly, emotional stress and lack of sleep can cause higher blood sugar.

Having tools to help with stress can make a big difference. See below for some suggestions to help you manage stress.

Ideas for Healthy Coping



Connect with others

- Ask for help
- Visit with a friend
- Talk to your partner



Take care of your emotional health

- Smile and think positive thoughts
- Listen to music
- Get outside
- Keep a journal
- Pray or meditate
- Explore a hobby
- Meet with a behavioral health provider



Care for your body

- Rest
- Laugh
- Get plenty of sleep
- Drink plenty of water
- Relax with a book
- Exercise safely and move your body



Connect with your body

- Breathe deeply
- Get a massage
- Get regular time for yourself

After Pregnancy

Checking for Type 2 diabetes after gestational diabetes

Your blood sugar will most likely return to a safe range after delivery. Having had gestational diabetes puts you at risk of getting diabetes later in life.

Your provider will check your blood sugar at a postpartum visit. This is to make sure your blood sugar is back in range. We recommend repeat testing every 1 to 3 years.

Contact your provider to have your blood sugar checked if you notice any of the following. These could be signs of diabetes:

- Urinary tract infections
- Increased thirst
- Increased urination
- Feeling more tired or hungry than usual
- Slow healing wounds
- Recurrent yeast infections
- Blurry vision
- Dry skin

When you are no longer pregnant, your blood sugar should be:

	No Diabetes	With Diabetes
Before meals	Less than 100	80 to 130
1 to 2 hours after meals	Less than 140	Less than 180

American Diabetes Association (ADA)

Preventing Type 2 diabetes after gestational diabetes

The most important ways to help decrease your chances of developing Type 2 diabetes are:

1. Continue the healthy food habits that you learned during pregnancy. Choose protein + fat+ high fiber carbohydrate. Eat small portions, drink plenty of water, and eat every 3 to 5 hours throughout the day.
2. Aim for at least 30 minutes of activity at least 5 days per week. You can break your activity into shorter sessions if you find it helpful.
3. Aim for regular sleep. Once you get past the sleepless nights with your newborn, aim for 7 to 8 hours of sleep. Sleep when you can.
4. Don't smoke. Not smoking will lower your risk of developing Type 2 diabetes. It will also keep your baby away from second-hand smoke.
5. See your provider yearly. It is important that your blood pressure and other risks be tracked more closely.

Breastfeeding

The many benefits of breastfeeding after having gestational diabetes, include:

- Giving your baby what is needed to grow and develop
- Strengthening your baby's immune system to help prevent illness
- Decreasing your chance, and your baby's chance, of developing Type 2 diabetes later in life
- Helping you lose the weight gained during pregnancy

To help decrease your child's risk of developing Type 2 diabetes:

- Breastfeed your baby.
- Serve the whole family healthy foods.
- Limit screen (TV, phone, table, and computer) time.
- Help your child be physically active at least 60 minutes every day.
- Play with your kids.

Planning Future Pregnancies

If you had gestational diabetes and plan to get pregnant again, plan ahead. Have your blood sugar checked two to three months before becoming pregnant to check for diabetes. It is important for your blood sugar to be within a safe range before becoming pregnant again.