

Providence Guide to Living Well With Gestational Diabetes

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

3rd 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 happens when you didn't have diabetes before but have high blood sugar during pregnancy. Gestational diabetes can be managed with healthy eating, activity, stress management, and diabetes medication when needed.

What Causes Blood Sugar to Be Higher During Pregnancy?

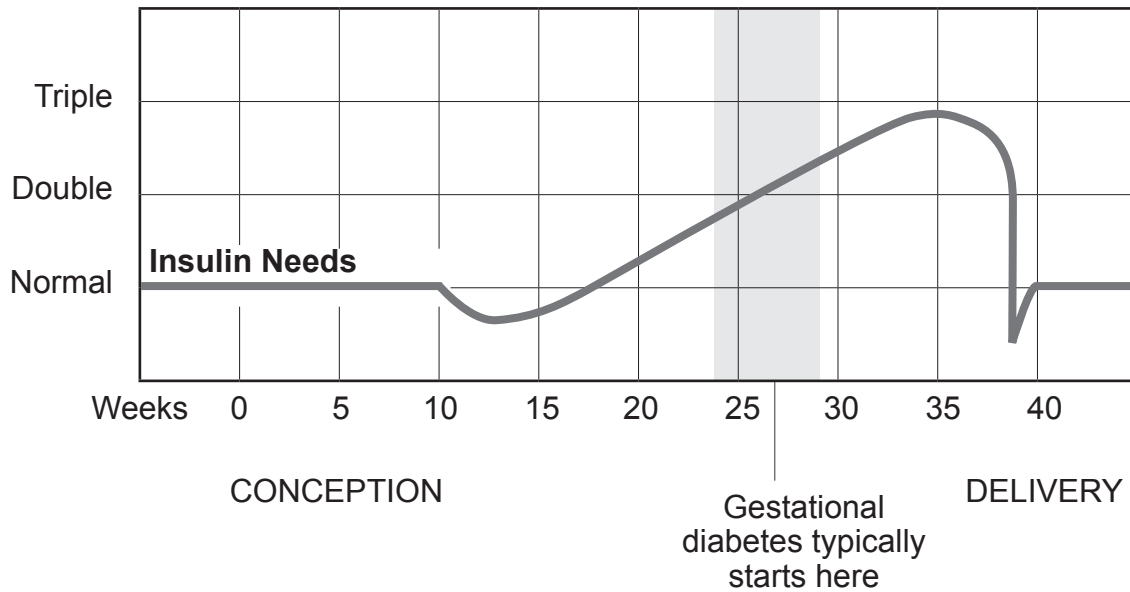
During pregnancy, the placenta helps your baby grow. Hormones from the placenta can block the action of your insulin, causing blood sugar build up. The sugar then passes through the placenta where it can affect your baby.

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.

Insulin needs during pregnancy



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 you're able to keep blood sugar within a safe range, risks to your baby are low. When blood sugar is high, this extra sugar is passed on to your baby. This can affect your baby's 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)
- 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.

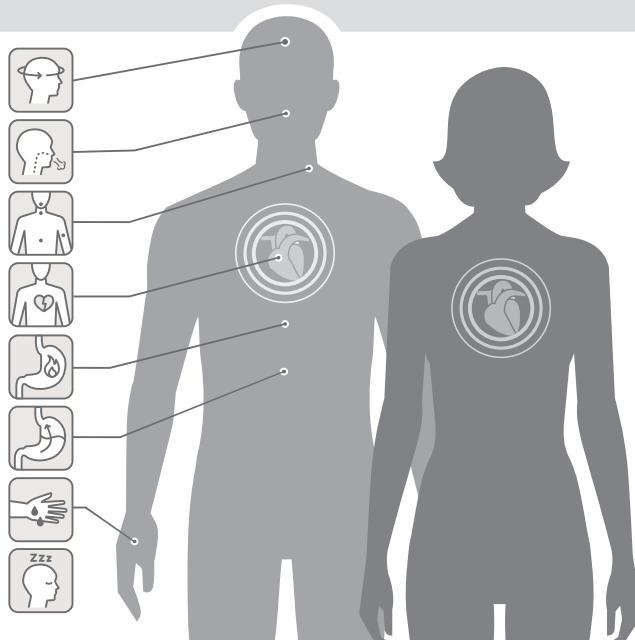
Warning Signs of Heart Attack

Not all of these signs occur in every heart attack. Sometimes the signs occur, go away and then return again. If you experience these signs, call 9-1-1 immediately. Every second counts. The sooner you seek medical help, the better your chance for survival.



Common symptoms for men and women

- Feeling lightheaded
- Shortness of breath
- Discomfort in one or both arms, the back, neck or jaw
- Chest discomfort (most common)
- Palpitations (flutters)
Heartburn
- Nausea or stomach pain
- Cold sweats
- Unexplained fatigue



It is important to know...

- Women may not experience chest pain during a heart attack.
- Chest discomfort symptoms may include chest pain, chest pressure, burning, tightness and/or heaviness.



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 waking	60 to 95 mg/dL	
Two hours after starting each meal OR One hour after starting each meal (based on your provider's recommendation)	120 mg/dL or lower 140 mg/dL or lower	

Adapted from:

Jovanovic, Lois. 2009. *Medical Management of Pregnancy Complicated by Diabetes*. 4th ed. Alexandria, VA: American Diabetes Association.

Metzger, Boyd E., et al. 2007. "Summary and Recommendations of the Fifth International Workshop—Conference on Gestational Diabetes Mellitus." *Diabetes Care* 30 Supplement 2: S251–60.



When should I be concerned about my blood sugar numbers?	Who should I call?
If your blood sugar is higher than 200	Call your provider now.
If your blood sugar is lower than 70 and you are taking diabetes medicine*	Follow the Rule of 15 and call your provider. Eat or drink 15 grams of fast-acting carbohydrate (i.e., ½ 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 fiber.*
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"> • 120 two hours after a meal, three or more times in seven days <p>OR</p> <ul style="list-style-type: none"> • 140 one hour 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 + fiber 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

Disposing 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](https://www.safeneedledisposal.org)

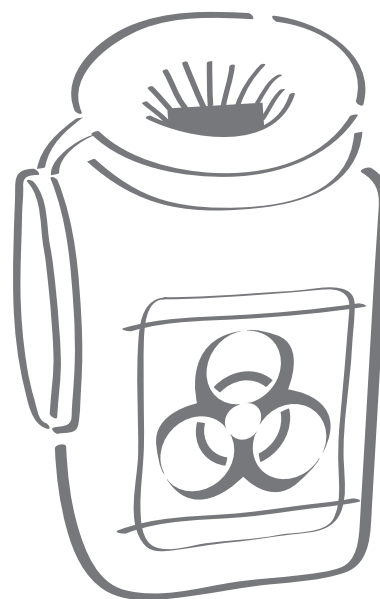
If you need financial assistance to purchase a sharps container, feel free to contact the **Providence Community Resource Desk** at 503-215-9488, visit <https://oregon.providence.org/our-services/p/providence-community-health-division/community-resource-desk/#locations>, or call:

503-215-9488 in Portland area

503-717-7176 Seaside

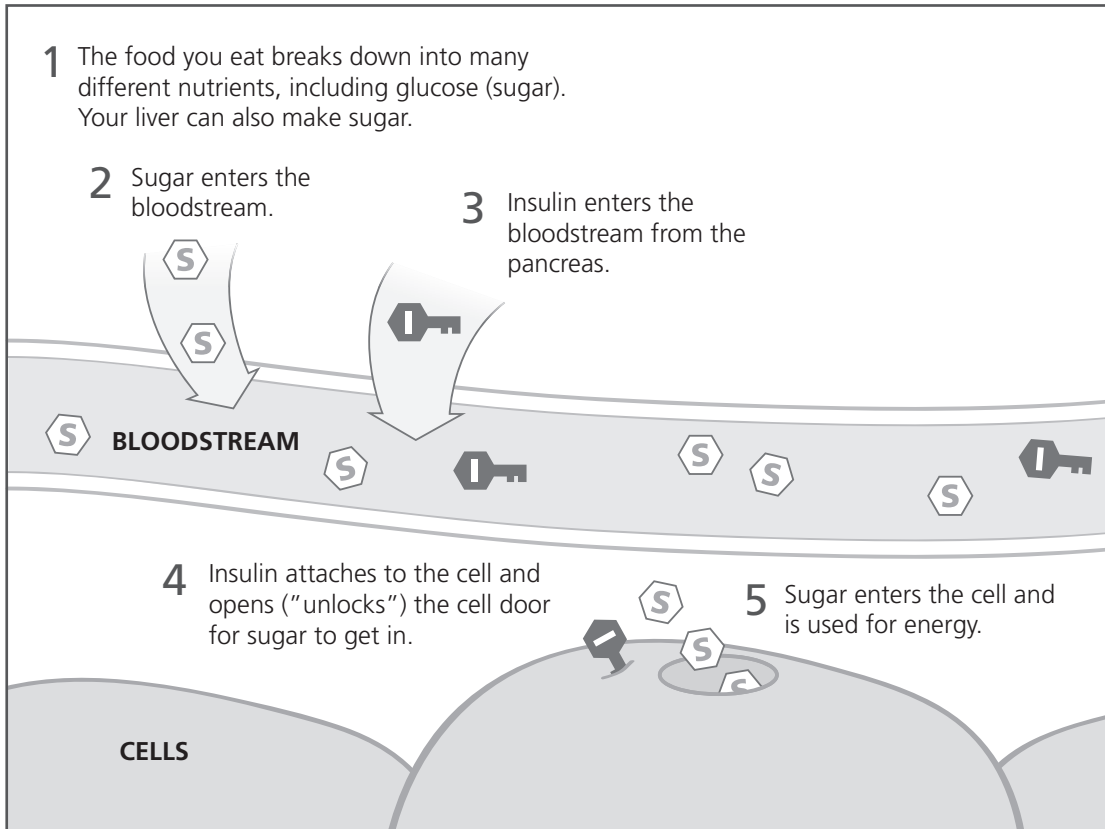
360-836-3341 SW Washington

541-732-7036 Southern Oregon



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.



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.

Sometimes eating a snack 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.

Talk to your diabetes care and education specialist if you need help with your meal schedule. This is especially important if you work an overnight shift.

When taking medicine for diabetes, it is very important to follow a schedule. Write your schedule in the blanks below.

_____ Wake up
_____ **Check blood sugar**
_____ Breakfast
_____ **Check blood sugar**
_____ Snack (optional)
_____ Lunch
_____ **Check blood sugar**
_____ Snack (optional)
_____ Dinner
_____ **Check blood sugar**
_____ Snack
_____ Go to sleep

What Should I Eat?

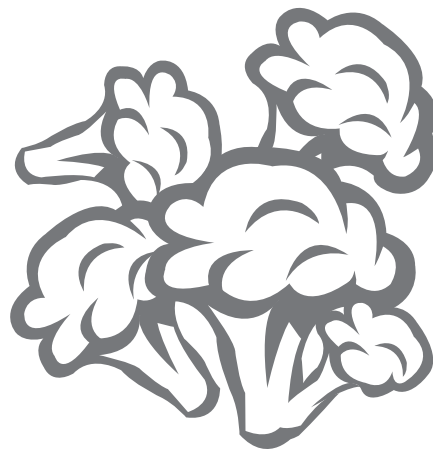
Healthy eating is very important during pregnancy. Healthy eating will help you:

- 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

Discuss foods that are not safe to eat during pregnancy with your provider. Visit <https://www.foodsafety.gov/people-at-risk/pregnant-women> for more information.

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

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. **Fiber**
 - 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, remember:

- Cook food at home.
- Eat whole foods.
- Limit or avoid highly processed foods.
- Pack your own lunch.

We find eating the following combination of foods in meals and snacks helps manage blood sugars:

protein + healthy fat + fiber

See food lists on page 13.

Limit highly processed foods, which often include low quality carbohydrates, less healthy fat, and food additives. These and are often found in packaged foods and beverages with more than a few ingredients.

Highly processed foods include sweets, chips, juice, sweetened yogurt, white rice, instant potatoes, and commercially fried foods. Items made with white flour (bread, pasta, crackers, cereal) are also highly processed.

How Much Should I Eat?

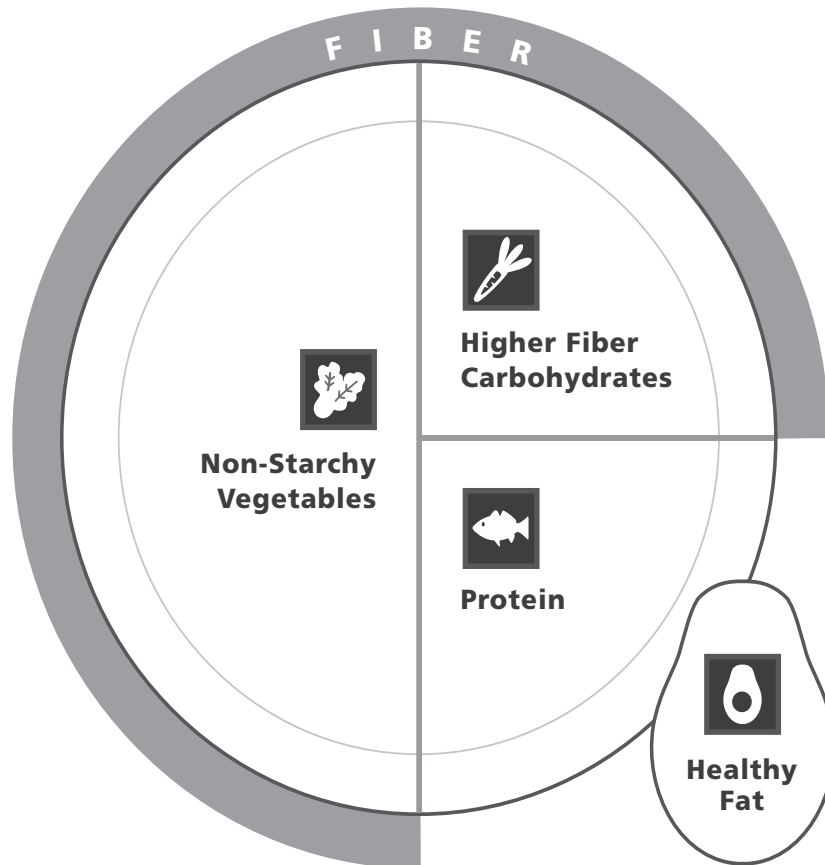
There are different ways to figure out how much to eat for balanced meals or snacks.

- Get a variety of foods in all of your meals and snacks.
- Include a mix of protein, healthy fat, and fiber.
- Eat until you are satisfied but not too full.
- Try not to eat when you are not hungry.

If you want a visual cue or enjoy counting, the plate method and carbohydrate counting are described here. If you are taking diabetes medicine, it may be recommended to follow a specific plan.

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 highly processed foods.**
- **Always include protein and healthy fat.** One quarter of your meal or snack should include some protein and healthy fat.
- **Get plenty of fiber**
 - Consider the quality of foods higher in carbohydrates. Aim for high fiber, whole foods to make up another one-quarter of your meal or snack.
 - Aim for half of 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. Pick two or more of your favorite veggies for a meal.
- **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
 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

Carrots
 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).

A Whole Grain Continuum

Deciding how to make the best use of whole grain health benefits is simple if you use a tool called a “continuum.” For example, a whole grain continuum starts with unprocessed grains on one end and continues through a series of transitions to highly processed grains on the opposite end. The objective is to choose grains from the least processed end.

The first item on the continuum, intact whole grains, is the least processed and the best choice. The last item on the list—highly refined grain products—are the most processed.

Grains	Definition	Foods
Intact whole grains	<p>Unprocessed, whole grains with only the inedible hull or husk removed</p> <p>Contains bran, germ, and endosperm, all original three parts of the kernel (intact)</p> <p>High nutrient content and slow absorption by the body</p>	<p>Oat groats, hull-less barley, wheat and rye berries, brown rice, millet</p> <p>Quinoa and buckwheat (which are actually seeds)</p>
Moderately processed grains	<p>Whole grains that have been chopped, crushed, or rolled</p> <p>Wide variation in how absorbed by the body</p>	<p>Steel-cut oats, Scottish oats, old-fashioned rolled oats, cracked wheat, cracked rye, whole grain cornmeal (polenta), bulgur</p>
Whole grain flour	<p>Whole grain milled into tiny particles to make flour; still contains bran, germ, and endosperm</p> <p>Absorbed quickly by the body</p>	<p>Whole grain flour-based bread, pasta, crackers</p>
Highly refined whole grain products	<p>Highly processed, often with added sugars and fats</p> <p>Rapid absorption by body</p>	<p>Ready-to-eat breakfast cereals, granola, granola bars, puffed grains, most crackers, chips, bread</p>

Adapted from Hassell, Miles, and Hassell, Mea. 2014. *Good Food, Great Medicine*, 4th ed.

Carbohydrate Counting

You may decide to keep track of what you eat by counting carbohydrates. This plan still includes a variety of foods while following carbohydrates more closely. It can be helpful if you take diabetes medicine.

Ask your diabetes specialist or provider about the right amount of carbohydrates for you. Do not avoid carbohydrates altogether to lower blood sugars. It is still recommended to include protein, healthy fat, and fiber in meals and snacks.

Counting carbohydrates is not for everyone. If you find yourself eating more packaged foods, or it increases stress it may not be right for you.

The My Food Plan handout or Nutrition Facts on a food package can help with carbohydrate counting. Make sure to look at the serving size for the most accurate information.

Using measuring cups or spoons can help until you can eyeball the correct portion sizes. Measure foods when they are ready to eat (for example, measure oats after they are cooked).

Meal/Snack	Carbohydrate Grams	My Carbohydrate Goals
Breakfast	15 to 25	
Snack	15 to 20, if needed	
Lunch	15 to 25	
Snack	15 to 20, if needed	
Dinner	15 to 25	
Snack	15 to 20, if needed	

Nichols, Lily. 2015 *Real Food for Gestational Diabetes*.

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

Limit:

- Fruit juice (even fresh-squeezed, 100%, or natural juice)
- Milk
- 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.

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>Fiber (if carb counting pick 1 to 2 for 15 to 25 grams)</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 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 1 T. sunflower 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 ⅓ cup cooked oat groats cereal 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>Fiber (if carb counting pick 1 to 2 for 15 to 25 grams)</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 • 1 cup carrots • 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</p> <p>½ cup hummus with 1 cup carrot slices</p> <p>Iced tea (caffeine free) with fresh berries</p> <p>#2 Taco Salad made with 2 oz. seasoned 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</p> <p>Top with salsa</p> <p>Sparkling water</p> <p>#3 2 to 3 oz. chicken breast or thighs, grilled with herbs and spices</p> <p>½ cup bulgur salad (made with parsley, mint, red or green onion, tomatoes, lime juice, olive oil, and sea salt)</p> <p>1 cup spinach salad with 1 sliced strawberry, sliced red onion, and 1 T. Italian dressing</p> <p>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 ½ 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</p> <p>Top with 1 oz. feta cheese and dress with lime juice and olive oil</p> <p>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 ½ cup cottage cheese ½ 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) ½ 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 ⅓ 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>Fiber (if carb counting pick 1 to 2 for 15 to 25 grams)</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 cup raw or 1/2 cup cooked carrots • 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. 1 cup fresh strawberries Sparkling water</p> <p>#5 2 to 3 oz. grilled salmon with 1 T. olive oil and 1 slice lemon 1/3 cup lentils 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 1/2 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>Fiber (if carb counting choose 1 for 15 to 20 grams)</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 and 1 small apple</p> <p>#6 2 T. peanut butter and 1 small pear</p> <p>#7 1 Medjool date with ¼ cup almonds</p>

My Meal Plan

Meal time: _____

Grams of carbohydrate

Protein: _____

Healthy fat: _____

Fiber (vegetables): _____

Fiber (carbohydrates): _____

Snack time: _____

Grams of carbohydrate

Protein: _____

Healthy fat: _____

Fiber (vegetables): _____

Fiber (carbohydrates): _____

Meal time: _____

Grams of carbohydrate

Protein: _____

Healthy fat: _____

Fiber (vegetables): _____

Fiber (carbohydrates): _____

Snack time: _____

Grams of carbohydrate

Protein: _____

Healthy fat: _____

Fiber (vegetables): _____

Fiber (carbohydrates): _____

Meal time: _____

Grams of carbohydrate

Protein: _____

Healthy fat: _____

Fiber (vegetables): _____

Fiber (carbohydrates): _____

Snack time: _____

Grams of carbohydrate

Protein: _____

Healthy fat: _____

Fiber (vegetables): _____

Fiber (carbohydrates): _____

Being Active

Moderate activity is an important part of pregnancy. It helps to keep your body strong which helps you prepare for labor. It also reduces stress levels.

When you have gestational diabetes, moderate activity can also keep blood sugar in a safe range. Aim for 30 minutes of moderate-intensity exercise at least 5 days per week.

This is more than your daily routine like household chores or work. You should be able to talk while being active, but not sing.

Consider walking, water aerobics, prenatal yoga, resistance training, stationary biking, and more. Before beginning a new activity, check with your provider to make sure it is safe for you and your baby.

Here are some general guidelines to remember:

1. Be active every day even if it is only for a short time.
2. Wear loose fitting, comfortable clothing.
3. Drink plenty of water before, during, and after activity.
4. Watch your level of effort. If you are gasping for air, slow down or stop and take a break.
5. If you are taking diabetes medicine, carry a snack with you and something to treat a low blood sugar if needed.
6. For the greatest blood sugar benefits, especially if taking diabetes medicine, be active after eating. Walking for 10 to 15 minutes after a meal can help keep your blood sugar from getting too high.

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

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. The following page contains 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
-



Connect with your body

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



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

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:

- 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 + healthy fat + fiber**. 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 sections 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. Aim to reach a healthy weight within 6 to 12 months after your baby is born. If you weigh more than you would like, work to lose weight slowly. Aim to lose 5 to 7 percent of your body weight (1 to 2 pounds per week).
6. 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
- Significantly reducing the risk of childhood obesity

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.



every day!