

Gestational Diabetes Nutrition Guide

What is it?

- **Diabetes**- During Pregnancy, usually disappears after the Baby is Born; 97% of women have a normal glucose after pregnancy but are at risk for developing diabetes later in life
- **Detected**- 24 to 28 Weeks of Pregnancy



Facts:



- **Increases Risk**- Family History of Diabetes, Overweight, Obesity, Too much Amniotic Fluid. > 25 Years of Age, Previous Large Baby or Stillborn
 - **Occurs in**- 40% of pregnant women in the United States
- **Large Baby**- can be Avoided if a Normal Blood Sugar



What can I do?

- **See your Health Care Provider**- ask about Blood Sugar Monitoring
- **See a Registered Dietitian or a FFF RD**- on line for help
- **Goals**- Healthy Diet/Eating Habits, Exercise
- **AVOID**- Smoking, Drinking, Drugs, Foods High in Sugar as Colas, Cakes, Pies, Pastries, Sweets, Sugar, Carbohydrates have the potential to raise blood sugar
 - **CHO Foods**- rice, potatoes, baked goods, grits, corn, butter beans, chips, corn, peas, sweet potatoes
- **Proper Weight Gain**- adequate calories, good healthy diet, preventing hyperglycemia
- **First Trimester**- additional calories not needed unless underweight
 - **Second and Third Trimester**- extra 300 calories/day

