



Gestational Diabetes



What is it?

***Gestational Diabetes**- pregnant women with diabetes, carbohydrate intolerance with a rise in blood sugar

-Goal- normal blood sugar during pregnancy to avoid risk of complications for mother and baby

Signs and Symptoms:

***Untreated High Blood Sugar**- can lead to large babies, low blood sugar, or jaundice in the newborn, or stillbirth or at greater risk for fetal damage

Facts:

***Gestational Diabetes**- affects 4% of all pregnant women usually in last half of pregnancy and 97% return to normal after pregnancy

-Higher Risk- for Type 2 Diabetes later in life

What can I do?

***See your Physician**- monitor glucose as your MD advises

*See RD for help as needed

*See FFF RD on line for help

***AVOID**- becoming overweight increases chances of being a diabetic, NIDDM (Non-Insulin Dependent Diabetic)

***Eat**- every 2 to 3 hours following the Diabetic Diet as MD and RD have prescribed

***DO NOT SKIP MEALS OR SNACKS**

***Non-nutritive sweeteners**- use as your MD approves

-Aspartame- do not use if a history of PKU (Phenylketonuria)

***Lactose Intolerant**- use Calcium Supplements, talk with your MD

-Goal- 4 glasses of low fat milk per day plus yogurt

***Limit Caffeine**- ≤ 1 Cola a day

***AVOID**- Drugs, Cocaine, Alcohol, any over-the-counter medication unless your MD/Physician approves

***Increase**- Fresh Fruits, Vegetables and Whole Grains



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