

Nutrition for Gestational Diabetes



Gestational diabetes mellitus (GDM) is diabetes that is diagnosed during pregnancy among women who do not already have diabetes prior to being pregnant. GDM can be treated by following a meal plan that focuses on regular, balanced meals and healthy snacks. Some women with GDM may need medication along with nutrition therapy to control their blood sugar. Blood sugar control will help reduce risks for both mother and baby.

Follow a healthy eating plan

- Eat 3 meals and 2-3 snacks per day
- Plan to eat your meals at the same time each day
- Eat a variety of foods (whole fruits and vegetables, lean proteins, whole grains, low fat dairy)
- Eat every 2-3 hours and don't skip any meals

Meal planning tips

- Learn how to count carbohydrates to help control blood sugar levels and help you plan out your meals and snacks
 - 1 serving of carbohydrate = 15 grams
 - Make sure to read the food label for serving size and total carbohydrate
- Limit carbohydrates to 1-2 servings at breakfast
- Try keeping carbohydrates to 175 grams per day
- Eat foods with good sources of fiber (goal of 28 grams per day)
 - Examples: whole grains, whole fruits, and non-starchy vegetables
- Eat a minimum of 6 ounces of protein each day
 - Examples: lean beef, skinless chicken, low mercury fish, eggs, nut butters, beans, low fat cheese, tofu
- Eat healthy fats such as olive oil, avocado, and nuts and seeds
 - Limit saturated fats
 - Avoid trans fats

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Examples of foods to limit/avoid
 - Sugar- sweetened drinks (soft drinks, fruit juices, lemonade)
 - Dried fruits
 - Ice cream
 - Candy
 - Sugar-sweetened cereals and bakery goods
 - Regular jam/jelly

Continued on reverse →

Create a healthy plate

Create a healthy plate that will help to keep your blood sugar in target range.

- Draw a line down the middle of your plate and fill 1/2 of your plate with non-starchy vegetables.
- Draw another line across the middle of the other 1/2 of your plate and fill 1/4 of your plate with a grain or starchy vegetable.
- Fill the final 1/4 of your plate with a lean protein.
- A small piece of fruit or a serving of dairy is optional.
- Finish your meal off with a glass of water or other zero-calorie drink option.

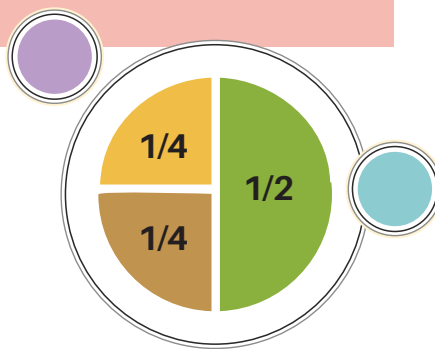
This plate shows 30-45 grams of carbohydrate (depending on whether or not you chose milk or water).

Monitor your meal and treatment plan

- Monitor blood sugar as recommended by your healthcare provider.
 - Blood sugar goals:
 - Before meals (fasting): 95 mg/dL or less
 - 1-hour after a meal: 140 mg/dL or less
 - 2-hours after a meal: 120 mg/dL or less
- Your healthcare provider may ask you to test your urine for ketones 1 to 2 times per day. If so, they will show you how to do this.
- Be physically active. Aim for 30 minutes of activity 5 days a week as able and approved by your doctor.

References:

- CDC website: <https://www.cdc.gov/diabetes/basics/gestational.html>
- American Diabetes Association: <https://www.diabetes.org/diabetes/gestational-diabetes>
- American Diabetes Association. Standards of Medical Care in Diabetes—2020. Diabetes Care. Volume 43; supplement 1; January 2020.
- Academy of Nutrition and Dietetics. Nutrition Care Manual. Diet Education: Gestational Diabetes Nutrition Therapy
- NIH/NIDDK website: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational/management-treatment>



Sample menu

Breakfast: 30 grams

- 1 slice whole wheat toast (1 carb serving)
- 1 tablespoon natural peanut butter
- 1 cup fat free milk (1 carb serving)

Morning snack: 15 grams

- 4 whole wheat crackers (1 carb serving)
- 1 ounce string cheese

Lunch: 60 grams

- 2 slices whole wheat bread (2 carb servings)
- 2 ounces tuna salad
- 1 small apple (1 carb serving)
- 3 carrot sticks
- 3 celery sticks
- ½ cup lentil soup (1 carb serving)

Afternoon snack: 15 grams

- 1 ½ tablespoon nuts
- 12 (3 ounces) cherries (1 carb serving)

Dinner: 45 grams

- 3 ounces skinless chicken breast
- ¼ large sweet potato (1 carb serving)
- 2 tablespoons reduced-fat sour cream
- ½ cup cooked broccoli
- Small salad with 1 tablespoon salad dressing
- 1 cup berries (1 carb serving)
- 6 ounces plain Greek yogurt (1 carb serving)

Bedtime snack: ~8 grams

- ½ cup sliced cucumbers
- 2 tablespoons hummus
- ½ whole wheat pita bread (½ carb serving)

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.

