Gestational Diabetes
Talk to your doctor or health care team if you have any questions about your care.
For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.
About Gestational Diabetes

Gestational diabetes is high blood glucose (blood sugar) during pregnancy. It begins in the second or third trimester and often goes away (85 to 90% of the time) after the baby is born.

What causes gestational diabetes?
Pregnancy itself is the cause. During pregnancy, your baby gets food from you. The placenta is an organ in the uterus (womb) that supplies food to your baby. The umbilical cord connects your baby to the placenta. The placenta also makes hormones that raise your blood sugar. Insulin lets your body use blood sugar for energy. Some women cannot make enough insulin to cover this increased need for insulin during pregnancy. This results in gestational diabetes.

Will my baby be healthy?
Yes, you can have a healthy baby. The most important thing is to keep your blood sugar level as close to normal as possible (60 to 120 mg/dl).
High blood sugar during pregnancy can cause:
- A very large baby, which makes delivery more difficult and could slow the baby's lung development.
- Birth defects in the baby.
- Low blood sugar, also called hypoglycemia, in the baby during the first few hours or days after birth. Hypoglycemia can be checked by frequent tests of the baby's blood sugar after birth.
As a mother with gestational diabetes, you will be followed closely to find out how your baby is developing. You will have tests to check your baby's heart rate, growth and movement. Problems are less common if you keep your blood sugar under good control.

What can I do to keep my blood sugar under control?
You can help keep your blood sugar under control by:
- Following your diet.
- Doing moderate exercise.
- Checking your blood sugar.
Talk with your doctor, nurse and dietitian about your diet. Staying on your diet is often the best way to keep your blood sugar level in the normal range. Sometimes diet is not enough and insulin is needed to control blood sugar. Insulin cannot be taken as a pill. It must be taken as an injection (shot).
If you need insulin, your nurse will also show you:
- How to prepare and give your own shot.
- How to recognize the signs of too little insulin (high blood sugar) or too much insulin (low blood sugar).
How do I check my blood sugar?
Self-monitoring of blood glucose is used to check your blood sugar. The test is done by sticking your finger for a drop of blood. The drop of blood is put on a special chemically treated strip. Your nurse will show you how this is done. Your blood sugar level will need to be checked 4 to 8 times a day.
Checking your blood for glucose and urine for ketones helps you to know how well your diabetes is controlled. Urine does not normally have ketones. Ketones in your urine mean that your body is using fat for energy and your diabetes is not well controlled. Your doctor will tell you if you need to check your urine for ketones and how often to check.
During pregnancy more sugar is normally present in the urine, so urine sugar levels are not as accurate as blood sugar levels for diabetes control.
Your nurse will show you how to check your blood sugar and urine ketone levels, if needed. Keep a detailed record, so changes can be made in your diet, activity and insulin. Your doctor and nurse will go over your glucose and ketone records at each visit.

What are the chances my baby will have diabetes?
The chances of your baby having diabetes at birth are very small. Most children of mothers who had diabetes during pregnancy never develop diabetes. Those who do develop diabetes usually do so later in life.

What are my chances of developing diabetes?
If you become a parent again, there is a 90% chance of having gestational diabetes. There is also a 50 to 60% chance you will develop Type 2 diabetes later in life if you had gestational diabetes. You can reduce your risks of later developing diabetes by maintaining a normal weight. If you are overweight, losing weight is very important. Your doctor will talk to you about testing for diabetes 6 to 12 weeks after delivery.

Can I breastfeed my baby?
Yes! Most mothers with gestational diabetes have normal blood sugar levels soon after delivery. Your doctor will discuss your condition with you after the birth of your baby. You should be able to breastfeed even if your diabetes is still present. You may need more calories than before pregnancy to help you make milk for your baby. A dietitian will help you plan changes in your diet. Your doctor will make changes in your insulin if it is still needed. These changes are important for your health and your baby’s health.

What does all this mean for me?
The more you know about gestational diabetes, the easier it will be to control your blood sugar and prevent problems for you and your baby. There are many health professionals to help you, but you are responsible for your care each day. If you take good care of yourself, you will increase your chances of having a healthy baby.
How to Use a Glucose Meter

Using a glucose meter to check your blood sugar level gives you information that will help you to manage your diabetes. Learn how to use your meter, so you are able to check your blood sugar fast and with ease to get accurate results. Read the owner’s manual and work with your nurse, doctor or pharmacist to show you how to use your meter. Practice with your meter following these basic steps.

1. Wash your hands with warm water and soap for at least 15 seconds. Rinse with clean water and towel dry.
   • This removes germs from your hands but also helps to warm your fingers, so you will bleed more easily.
   • If you are not able to wash your hands, use an alcohol pad to clean the side of the finger you will stick to get a blood drop.
   • If you are using a site other than a finger, cleanse that site with soap and water or use an alcohol pad to clean the site.

2. Gather your supplies:
   • Your meter
   • Test strips for your meter
   • Lancing device
   • Lancet or needle
   • Log book or record sheet and pen or pencil

3. Open the lancing device and put a lancet in. Remove the cover on the lancet, being careful not to touch the needle.

4. Put the cover back on the lancing device. Set the lancing device, so it is ready to be used to stick you. Put it down for now.
5. Get a test strip.
   • Open the vial or bottle holding the strips, remove one and close the bottle right away, or
   • Tear open the foil cover to get your strip out for your meter.
   • If your meter stores the strips inside the meter, go to the next step.

6. Turn your meter on. Pushing a button often does this, but some meters turn on by placing the strip in the meter.

7. Check the screen for the code on your meter. Be sure it matches the code on your test strips.
   • The code is most often on the bottle or vial or the wrapped strip will have the code printed on the wrapper.
   • If your meter has the code built into the strips, go to the next step.

8. When the test strip symbol flashes on the screen, put the test strip in the meter.

9. Pick up the lancing device and place it against the site you are going to use. You can get a drop of blood from:
   • The sides of your fingers and thumbs. Use a different finger each time you test to avoid infection, soreness and calluses. Avoid using the tip of your finger as this is the most sensitive area of the finger, and you may feel more pain here.
   • Forearms or top of legs if an alternate site meter is used. Be sure you have warmed the site, so you will bleed.

10. Push the button on the lancing device to release the needle. You will feel the stick. Set the lancing device down.

11. Squeeze your finger, so you get a large drop of blood.

12. Put the blood on or in the test strip, being sure you have filled the test area.

13. The meter will allow time for the test and then your glucose result will show on the screen.

14. Write the glucose reading on your log book or record sheet.

15. Remove the test strip and turn off the meter by pressing the on/off button. Some meters may turn off when the strip is removed. You can throw the test strip away in your trash can.

16. Remove the lancet from the lancing device. Throw the lancet into a puncture proof container, such as a sharps or needle disposal container or an empty, heavy plastic bleach or detergent bottle with lid. You can buy a needle disposal container at the drug store. Ask your pharmacist or nurse how you should throw away your container when it is full. You can also check with your garbage collector.

17. Put your supplies away, so they are ready when you need them again.

Ask your nurse, doctor or pharmacist if you have questions about your meter and doing your glucose testing. Most meter companies will have a 1-800 phone number available around the clock if you have problems with the meter or doing your testing.
Blood Sugar Record

Patient's Name: _______________________________  Patient's Date of Birth: ______________

Diabetes Medicines: _______________________________________________________________
___________________________________________________________________________

Please share this record with staff weekly at clinic visits or via email or fax.

<table>
<thead>
<tr>
<th>Date</th>
<th>Fasting Blood Sugar Before Breakfast</th>
<th>Blood Sugar 2 Hours After Breakfast</th>
<th>Blood Sugar 2 Hours After Lunch</th>
<th>Blood Sugar 2 Hours After Dinner</th>
<th>Blood Sugar at Bedtime</th>
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</table>
My Diabetic Meal Plan during Pregnancy

When you have diabetes and are pregnant, you need to eat small meals and snacks throughout the day to help control your blood sugar. This also helps you get in enough nutrients for a healthy pregnancy.

Calories come from carbohydrate, protein or fat. Carbohydrates have the largest and quickest effect on blood sugar. High carbohydrate food groups include:
- Starch, which includes whole grain foods and starchy vegetables
- Milk and yogurt
- Fruit

By following a carbohydrate controlled diet, you can control your blood sugar better. This is important for you and your baby.

The plan
- **Your meal plan will have 3 meals and 3 snacks a day.** The goal is to keep your blood sugar at a healthy level all day long. Do not skip meals.
- **Each meal and snack should have at least one serving of carbohydrate** from the Starch, Fruit or Milk Groups and **one serving of protein** from the Meat / Meat Substitute Group.
  - The amount of carbohydrate you need is based on your height, weight, activity level, blood sugar control and pregnancy. Your dietitian or nurse will talk to you about the amount of calories and carbohydrate you need in your diet during pregnancy.
- You will want to eat your meals and snacks at about the same times each day. This will help to keep your blood sugar controlled for your health and the growth of your baby.

Carbohydrate counting
Carbohydrate counting, also called carb counting, is a meal planning tool for people with diabetes. Carb counting involves using food labels and estimating portion sizes of foods to keep track of the amount of carbohydrates you eat each day.

Carbohydrates are one of the main nutrients found in food and drinks. Protein and fat are the other main nutrients. Carbohydrates include starches, sugars and fiber. Carb counting can help to control your blood sugar because carbohydrates affect your blood sugar more than other nutrients.
How to count carbohydrates

When reading food labels, use these 4 tips to help you count carbohydrates:

1. **Check the serving size.** All nutritional information on the label is based on one serving. Be sure to look at the common measure, such as cups or tablespoons. The grams (g) listed are the weight of the serving. The serving size for the sample product on the next page is 1 cup (228 g).

2. **Look for total carbohydrates in grams.** This includes the fiber, sugars and other carbohydrates in the food. Use this number when counting carbohydrates. Do not look at sugars alone. You need to consider total carbohydrates in a product.

There are 31 grams of carbohydrate in this product per serving. If you ate 2 servings of this food, you would be getting 62 grams of carbohydrate.

3. **Understand the sugar alcohol rule.** Sugar alcohols, like fiber, are another form of carbohydrate on product labels. Sugar alcohol is not an alcoholic drink. It refers to a specific group of sugars that come from plants and have names, such as xylitol, mannitol or sorbitol. They are in food and drinks because they have fewer calories and do not cause spikes in blood sugar.

   The sugar alcohol rule: if eating a food with sugar alcohols, you can subtract half of the total grams of sugar alcohols listed from the total grams of carbohydrates.

   This sample product label shows there are no sugar alcohols in it.

4. **Compare labels.** First compare the serving sizes of products you eat. Then compare the grams of total carbohydrate. Look at the fiber and sugar content. For some products, like cookies or candy, you will find that sugar-free does not mean carbohydrate-free.

**Carbohydrate serving sizes**

If you have a food exchange book or list, you can use it to look up grams of carbohydrate for foods. Otherwise, read the product’s food label. If no food label is available, use the estimates on the next pages to calculate the carbohydrate grams for a food. Be aware that carbohydrate amounts can vary greatly between different types of the same food. For example, some breads are 15 grams a slice while others are closer to 25 grams.

**Starch Group – 1 serving equals 15 grams of carbohydrate or 1 carb choice**

Choose whole grains over refined grains. 1 serving equals:

- 1 (1 ounce) slice of bread
- 1 (1 ounce) small roll
• ¼ (1 ounce) bagel
• ½ hamburger bun or English muffin
• 1, 6-inch tortilla
• ½ cup cooked rice, pasta, barley, quinoa or couscous
• ½ cup cooked bulgur wheat, lentils or legumes (dried beans or peas)
• ½ cup corn, sweet potato or green peas
• 3 ounce baked sweet or white potato with skin
• ½ cup cooked cereal
• ¾ cup unsweetened dry cereal
• ¾ ounce pretzels
• 3 cups hot air popped or microwave popcorn with no more than 3 grams of fat per serving

**Fruit Group – 1 serving equals 15 grams of carbohydrate or 1 carb choice**

Pregnant women should eat fruit every day. 1 serving equals:
• 1 small apple, orange or nectarine
• ½ cup fresh grapes
• 1 medium peach
• 1 kiwi
• ½ banana, grapefruit, mango or pear
• 1 cup fresh melon, raspberries or strawberries
• ¾ cup fresh pineapple, blueberries or blackberries
• ½ cup canned fruit in juice or light syrup
• ½ cup (4 ounces) fruit juice with no sugar added
• 2 tablespoons dried fruit

**Milk Group – 1 serving equals 15 grams of carbohydrate or 1 carb choice**

Pregnant women should drink milk or eat yogurt every day. 1 serving equals:
• 1 cup (8 ounces) fat-free or low-fat milk
• 1 cup (8 ounces) plain yogurt
• 6 ounces light yogurt

**Sweets**

Limit the amount of sweets you eat. They are high in carbohydrates and often high in calories and fat. This includes limiting the amount of cake, ice cream, pie, syrup, cookies, candies and doughnuts you eat. Do not add table sugar, honey or other sweeteners to your foods or beverages. Limiting sweets will help to keep your blood sugar under control.
Foods that have little effect on blood sugar

Non-Starchy Vegetable Group - 1 serving equals 5 grams of carbohydrate

Examples include:

- Artichoke
- Asparagus
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green or yellow beans
- Salad greens
- Mushrooms
- Onions
- Peppers
- Radish
- Snow peas
- Sugar snap peas
- Tomatoes
- Turnips
- Yellow squash
- Zucchini

You may eat an unlimited amount of foods from this group. 1 serving equals:

- 1 cup raw vegetables or salad greens
- ½ cup cooked vegetables
- ½ cup vegetable juice

Meat / Meat Substitutes Group

Avoid meats that are high in saturated fat, such as bacon and sausage. 1 serving equals:

- 1 egg, 2 egg whites or ¼ cup egg substitute
- 1 ounce turkey breast or chicken breast, skin removed
- 1 ounce fish fillet
- 1 ounce canned tuna in water
- 1 ounce shellfish
- 1 ounce lean beef, lamb or pork (limit to 1 to 2 times per week)
- 1 ounce of cheese (limit cheese to 1 to 2 ounces per day)
- ¼ cup nonfat or low-fat cottage cheese
- 1 ounce lean lunch meat (with 3 grams or less of fat per ounce)
- ½ cup cooked beans (black beans, kidney, chickpeas or lentils): count as 1 serving of starch and 1 serving of meat
- 4 ounces tofu
- 2 tablespoons peanut butter
- 2 tablespoons seeds
- 1 ounce nuts
Fats

Limit fried foods in your diet. Try to bake or broil your foods more often.

Moderate fat intake during pregnancy is ideal. Do not follow a very low fat diet. If you have questions about the fat in your diet, talk to your dietitian or nurse.

1 serving or 5 grams of fat equals:

- 1 teaspoon oil (vegetable, corn, canola, olive, etc.)
- 1 teaspoon butter or margarine
- 1 teaspoon mayonnaise
- 1 tablespoon salad dressing
- 1 tablespoon cream cheese
- 2 tablespoons avocado
- 8 to 10 large olives
- 1 slice bacon

My meal plan

Your goal for carbohydrate is based on your calorie needs during pregnancy. Your dietitian or nurse will let you know how many calories you should eat each day. 35 to 40 percent of your calories will come from carbohydrate.

<table>
<thead>
<tr>
<th>Calorie level</th>
<th>Carbs in grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,700</td>
<td>170 to 190</td>
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<tr>
<td>1,900</td>
<td>175 to 190</td>
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<tr>
<td>2,300</td>
<td>200 to 230</td>
</tr>
<tr>
<td>2,500</td>
<td>220 to 250</td>
</tr>
</tbody>
</table>

It is important to spread your carbs out throughout the day rather than eating a large amount at one time. Limit carbs to 30 to 60 grams at meals and 15 to 30 grams for snacks. The following table gives examples of how to spread out your carbs.

<table>
<thead>
<tr>
<th>Calorie level</th>
<th>Breakfast</th>
<th>Morning snack</th>
<th>Lunch</th>
<th>Afternoon snack</th>
<th>Dinner</th>
<th>Evening snack</th>
<th>Total carbs in grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,700</td>
<td>30</td>
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<td>180</td>
</tr>
<tr>
<td>1,900</td>
<td>30</td>
<td>15</td>
<td>45</td>
<td>30</td>
<td>45</td>
<td>15</td>
<td>180</td>
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<tr>
<td>2,100</td>
<td>45</td>
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<td>45</td>
<td>30</td>
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<td>195</td>
</tr>
<tr>
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<td>30</td>
<td>60</td>
<td>15</td>
<td>210</td>
</tr>
<tr>
<td>2,500</td>
<td>45</td>
<td>30</td>
<td>60</td>
<td>30</td>
<td>60</td>
<td>15</td>
<td>240</td>
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</table>
For a well-balanced diet, aim for the following servings per food group each day. Choose Meat / Meat Substitutes that are lean or medium-fat with 5 grams or less of fat per ounce.

<table>
<thead>
<tr>
<th>Calorie level</th>
<th>Starch</th>
<th>Fruit</th>
<th>Milk</th>
<th>Vegetables, Non-Starchy</th>
<th>Meat / Meat Substitutes</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,700</td>
<td>6</td>
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<tr>
<td>1,900</td>
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<td>2 to 3</td>
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<tr>
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<td>3 to 4</td>
<td>2 to 3</td>
<td>6</td>
<td>12</td>
<td>9</td>
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Use your recommended total carbs and servings per food group to create a sample meal plan on the next page. You do not need to eat a serving from each food group at every meal or snack. We do recommend eating at least one serving of carbohydrate from the Starch, Fruit or Milk Groups and one serving of protein from the Meat / Meat Substitute Group with each meal and snack to help control your blood sugar.

Share your meal plan with your dietitian or nurse and ask questions if you need help creating a meal plan.
### My sample meal plan

<table>
<thead>
<tr>
<th>Meal or Snack</th>
<th>Food Group</th>
<th>Number of Servings</th>
<th>Total grams of carb</th>
<th>Menu Ideas</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Starch</td>
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<td></td>
<td>Milk</td>
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<td></td>
<td>Meat / Meat Substitutes</td>
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<td>Fat</td>
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<tr>
<td>Morning snack</td>
<td>Starch</td>
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<td></td>
<td>Fruit</td>
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<td></td>
<td>Milk</td>
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<td></td>
<td>Vegetables, Non-Starchy</td>
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<td></td>
<td>Meat / Meat Substitutes</td>
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<td>Fat</td>
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<td>Lunch</td>
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<td>Fruit</td>
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<td>Meat / Meat Substitutes</td>
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<td>Afternoon snack</td>
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<td>Fruit</td>
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<td>Vegetables, Non-Starchy</td>
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<td>Dinner</td>
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<td>Vegetables, Non-Starchy</td>
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<td>Evening snack</td>
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<td>Vegetables, Non-Starchy</td>
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<td>Meat / Meat Substitutes</td>
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My sample meal plan has __________ total grams of carb.
Healthy Meals for Blood Sugar Control

The **Plate Method** is a simple way to keep carbohydrates to a moderate amount to improve blood sugar control.

Calories come from carbohydrate, protein or fat. Carbohydrates have the largest and quickest effect on blood sugar. High carbohydrate foods groups include:

- Whole grains and starchy vegetables
- Fruit
- Milk and yogurt

Sugar is a concentrated form of carbohydrate. Limit foods high in sugar in your diet.

Use an 8 or 9-inch plate
Follow these 5 steps to eat meals with the Plate Method

1. Divide an 8 or 9-inch plate in half and fill half of the plate with non-starchy vegetables.

These include:
- Artichoke
- Asparagus
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green or yellow beans
- Salad greens
- Mushrooms
- Onions
- Peppers
- Radish
- Snow peas
- Sugar snap peas
- Tomatoes
- Turnips
- Yellow squash
- Zucchini

Choose fresh or frozen vegetables that have no added salt, sugar or fat in a variety of colors to get a variety of vitamins and minerals.

Non-starchy vegetables:
- Provide your body some carbohydrates, but much less than the high carbohydrate food groups.
- Help fill you up without having a large effect on your blood sugar.
- Provide the fiber, vitamins and minerals your body needs to function well.

2. Divide the other half of the plate in half again.

- Fill one section with whole grains or starchy vegetables:

  Whole grain options include:
  - Barley
  - Brown rice
  - Bulgur
  - Oats, oatmeal
  - Polenta
  - Quinoa
  - Whole grain breads
  - Whole grain cereals
  - Whole wheat couscous
  - Whole wheat pasta
  - Wild rice

Starchy vegetable options include:
- Beans, such as black, great northern, kidney, navy and pinto beans
- Black-eyed peas
- Corn
- Lentils
- Peas
- Potatoes with skin
- Sweet potatoes with skin

- Fill the other section with protein foods.

These include:
- Beef, round and loin cuts, fat trimmed
- Cheese
- Chicken, no skin
- Cottage cheese, low-fat
- Eggs
- Fish (eat fish at least 2 times per week)
- Pork, loin cuts, fat trimmed
- Turkey, no skin
3. **Add a serving of fruit, milk or yogurt to your meals or eat a serving for a snack.**

Aim for 2 to 4 servings of fruit and 2 to 3 servings of milk or yogurt each day.

**1 serving of fruit includes:**
- 1 cup fresh melon, raspberries or strawberries
- ¾ cup fresh pineapple, blueberries or blackberries
- ½ cup fresh grapes
- 1 small fresh fruit, such as an apple the size of a baseball
- ½ of a large piece of fresh fruit, such as ½ of a large banana or ½ of a large pear
- ½ cup canned fruit in juice or light syrup
- 2 tablespoons of dried fruit
- 4 ounces of fruit juice with no sugar added

**1 serving of milk or yogurt includes:**
- 8 ounces fat free milk
- 6 ounces light or plain yogurt
- 6 ounces light or plain Greek yogurt

4. **Keep added fats to small amounts.**

Fats improve the taste of many foods, help us feel full longer and provide essential nutrients. All fats are high in calories, so keep portions small:
- 1 to 2 teaspoons of oil, margarine, butter or mayonnaise
- 1 tablespoon of salad dressing
- 1 to 2 tablespoons of avocado
- ¼ cup of nuts or seeds

5. **Drink mostly water with meals and snacks.**

Aim for at least 8, 8-ounce, glasses of water each day.

Water:
- Is calorie-free and has no carbohydrates.
- Is essential for your body’s cells, tissues and organs.

Plain coffee and tea are also calorie-free and will not raise your blood sugar.

**General tips**

- Cook at home as much as possible, using low fat cooking methods, such as bake, broil, microwave, roast, steam, sauté or grill. Restaurant foods and processed foods often have added sugar and more sodium.
- Choose fresh fruit or yogurt for dessert, or try a low carbohydrate dessert recipe.
- Read food labels and ingredient lists on packaged foods. Avoid foods that have trans fats and partially hydrogenated oils.
Healthy Snacks for Blood Sugar Control

Snacking can be a part of a healthy diet, ensuring your body gets the energy it needs every 3 to 5 hours. This helps to control appetite. It also helps to control blood sugar, which is important when you have diabetes. A snack, as opposed to a treat, is a “mini meal” meant to provide nutrients your body needs. Snacks that combine carbohydrates with fiber and protein and that are low in sugar are better at controlling blood sugar and appetite. These snacks can be healthy choices for everyone regardless if they have blood sugar problems.

Snacks with about 15 grams of carbohydrate (1 carb serving)

- 3 (2.5 inch) graham crackers topped with 1 tablespoon natural peanut butter
- ½ cup tuna, chicken, or egg salad made with light mayonnaise in one half of a whole wheat pita
- One small apple or ½ large banana with a hard-boiled egg
- ½ cup cooked oatmeal with ¼ cup chopped nuts
- 5 to 6 whole wheat crackers with 1 ounce cheese
- 1 cup non-starchy vegetables (carrots, cucumber, sugar snap peas, bell pepper strips) and 1/3 cup hummus
- 2 tablespoons raisins and ¼ cup roasted unsalted almonds
- ½ cup low fat cottage cheese and ½ cup fruit, such as pineapple or peaches
- ¼ cup blueberries and ¼ cup walnuts
- Celery topped with 1 tablespoon natural peanut butter and 2 tablespoons raisins
- 1 slice whole wheat toast with one scrambled egg and ½ teaspoon butter
- ½ cup grapes and 1 ounce cheese
- ½ whole wheat toasted English muffin, topped with 1 tablespoon cashew butter
- 3 cups popcorn with less than 3 grams of fat per serving and 1 ounce cheese
Other 1 carb serving snacks

Here are some less healthy 1 carb serving snacks that can fit into a healthy eating plan when eaten in moderation:

- 1 frozen fruit bar
- 3 ginger snaps
- 5 vanilla wafers
- 2 small cookies
- 8 animal crackers
- 12 reduced fat Wheat Thins
- 15 mini twist pretzels
- 10 to 12 baked Tostitos tortilla chips
- 1 ounce (about 15) potato chips
- ½ cup sugar free pudding
- ½ cup frozen yogurt
- ½ cup ice cream

Snacks with 30 grams of carbohydrate (2 carb servings)

- One half a large banana and 1 tablespoon natural peanut butter placed and rolled in 6” whole wheat tortilla
- 1 ¼ cup whole strawberries dipped in ½ cup sugar free chocolate pudding
- 1 cup fat-free or 1% low-fat milk with ¾ cup unsweetened cereal (such as Cheerios or Bran Flakes)
- 1 cup homemade trail mix (2 tablespoons dried cranberries or raisins, ¼ cup almonds and 1 cup puffed cereal, such as Rice Krispies or Kix)
- ½ cup fruit blended with 6 ounces plain or light yogurt and 2 tablespoons flaxseed meal
- Mini pizzas made from 1 split whole wheat English muffin, topped with tomato sauce and 1 ounce mozzarella cheese and then baked
- One, 6-inch whole wheat tortilla filled with ½ cup low-fat refried beans, 1 ounce cheese and salsa, and heated in the microwave
- 1 to 2 rice cakes topped with 1 tablespoon natural peanut butter and 2 tablespoons dried fruit
- 1 cup cantaloupe cubed and 1 cup unsweetened or light vanilla soy milk
- ½ cup oatmeal with 2 tablespoons dried fruit and ¼ cup pistachios
**Standard portions**

When you are away from home and do not have measuring cups and spoons handy, it helps to know what a standard portion looks like. Here are some examples of common serving sizes and everyday items they are equal to.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Similar Sized Item</th>
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<tbody>
<tr>
<td>1 teaspoon</td>
<td>Small marble or tip of thumb</td>
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<tr>
<td>1 tablespoon</td>
<td>Large marble, poker chip or thumb to first knuckle</td>
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<tr>
<td>2 tablespoons</td>
<td>2 large marbles, 1 ping pong ball or whole thumb</td>
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<tr>
<td>¼ cup</td>
<td>Golf ball or cupped handful</td>
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<tr>
<td>½ cup</td>
<td>Tennis ball, hockey puck, deck of cards, bar of soap, checkbook, computer mouse or palm of hand</td>
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<tr>
<td>1 cup</td>
<td>Wiffle ball, baseball or a woman’s fist</td>
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<tr>
<td>1 ounce</td>
<td>4 dice or 2 dominoes</td>
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Fetal Movement Count

Your health care provider will tell you when to start checking for fetal movement, also called kick counts. It often begins with the 7th month of pregnancy. It involves counting the number of times your baby moves in 2 hours. Your baby naturally moves and then sleeps. When moving, your baby may feel like a kick, ripple, twist or rolling in your abdomen. As your baby gets bigger, you may also feel stretching and pulling.

**Do kick counts one or two times a day as instructed by your health care provider. After you eat a meal is often a good time.**

**How to do kick counts**

1. Lay on your left or right side.
2. Use a clock, watch or cell or smart phone and record the time. Set the timer for 2 hours.
3. Each time your baby moves make a mark on a chart or piece of paper.

**What the kick counts mean**

- **If your baby moves 10 times or more in two hours**, you may stop counting. Your baby is probably healthy and doing well.
- **If your baby moves less than 10 times in two hours**, call your provider or come to the Labor and Delivery Unit on the 6th floor of Doan Hall in University Hospital.

<table>
<thead>
<tr>
<th>Date</th>
<th>Total Movement</th>
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<tr>
<td>2/2</td>
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Non-Stress Test in Pregnancy

A non-stress test (NST) checks the health of your baby by looking at your baby’s heartbeat and movement during pregnancy. The test may be used when:

- Your baby is not moving as much as usual.
- You are near the end of pregnancy or past your due date.
- Your pregnancy is high risk.

About the test
NST is often given after 28 weeks of pregnancy when your baby is able to respond to the test.
- For a high risk pregnancy, the test may be given before 28 weeks.
- If admitted to the hospital during your pregnancy, the test may be given 1 to 2 times a day to check the health of your baby.
- There are no known risks or side effects to the baby or mother when having the test.
- The test may be repeated during pregnancy.

To prepare
- The test will take 20 to 60 minutes.
- Please empty your bladder before the test starts.

During the test
- You will lie down and a fetal monitor will be placed around your abdomen to check your baby's heart rate.
- You will push a button every time you feel your baby move.
- The nurse is looking to see that your baby's heartbeat increases as he or she moves. Just as your heartbeat increases with movement, your baby’s heartbeat should also increase. The amount of change or increase in your baby’s heartbeat will depend on its gestation (age in weeks).
- If your baby is not active during the test, you may be asked to move or the nurse will try to make your baby move using noise or touch. Your baby typically sleeps 20 minutes or more during every hour. The nurse may need to awaken him or her for the test.

Test results
Test results will be shared with your health care provider, who will share the results with you.
Follow-up Care after Delivery

It's important to be tested for diabetes after your baby is born. Women who have gestational diabetes are 7 times more likely to get type 2 diabetes later in life. Talk to your health care provider about testing for diabetes 6 to 12 weeks after delivery. Ask if you need to see an endocrinologist, a doctor who treats people with diabetes and other hormone imbalances, for evaluation.

Other healthy habits

• Eat a healthy diet.
• Exercise regularly.
• Talk about your plans for more children with your health care provider before your next pregnancy.
• Maintain a healthy weight. You should be back to your weight before you were pregnant within 6 to 12 months. If you have not reached your goal weight, work to lose 5 to 7 percent of your total body weight. For example, if you weight 200 pounds, aim for a weight loss of 10 to 14 pounds. Plan to lose weight slowly. This will help you keep it off.
• Get regular health checkups and have your blood sugar checked by your primary care doctor at least every 1 to 3 years.

Getting tested for diabetes, eating a healthy diet, exercising regularly and maintaining a healthy weight can help you delay or prevent type 2 diabetes in the future.