



A Few Guidelines for Expecting Mothers with Gestational Diabetes

Gestational diabetes is a type of diabetes that occurs only during pregnancy. It is thought to be related to the hormonal changes during pregnancy, although genes and extra weight may also play a role.

Elevated blood sugar during pregnancy is not rare, and, even with a balanced healthy diet and appropriate weight gain, it can occur. Often with a few changes in your meal plan and schedule, the blood sugar can be well controlled until you deliver a healthy baby.

So, until your appointment with the nurse and dietitian at the Southeast Diabetes Center...

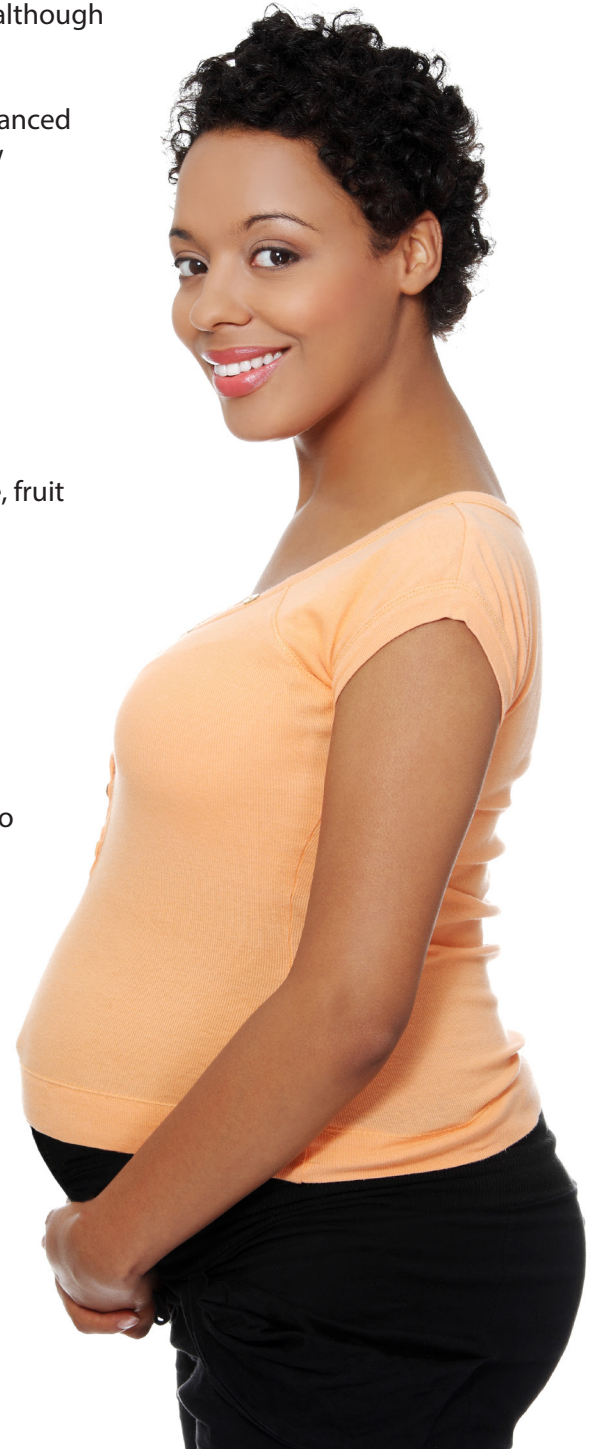
LIMIT

- Avoid all sweet drinks including regular soda, sweet tea, lemonade, fruit punch or other sweet drinks. Limit all fruit juices as well.
- Avoid regular sugar, honey, syrup, jellies and jam.
- Try to avoid candy and sweets including desserts and snack cakes.

INCLUDE

- Eat 3 meals and 2-3 snacks spread throughout the day. This helps to make sure the baby gets nourishment during the day and night.
- Have a balanced diet consisting of protein such as meat, chicken, fish, cheese and eggs along with healthy carbohydrate foods such as fruit, milk and whole grains in smaller amounts.
- Try not to skip meals and snacks.
- Engage in at least 30 minutes of physical activity a day or as directed by your health care provider. Ten minutes of physical activity such as walking, timed 30 minutes after a meal, is encouraged to control blood sugar levels.

At your appointment you will be instructed to test your blood sugar and will receive an individualized meal plan to meet your specific needs and routine. If you have questions before we meet with you, please call the Diabetes Center at 573-339-0121 or toll-free at 1-888-339-0121.



The *Difference* is How You're Treated.

