

## DIET RECOMMENDATIONS

Most women with gestational diabetes can control their blood sugars by making simple changes in their diet.

Eating well give you the nutrients you need to feel good, have energy and support a healthy pregnancy.

To start, it is important to:

- Avoid foods that are high in added sugars.
- Eat smaller, more frequent meals.
- Eat the suggested amount of carbohydrate at your meals and snacks.

Carbohydrates (sugars, starches and fiber) are sources of energy found in a variety of foods. Most carbohydrates break down into glucose, a type of sugar. You need to eat carbohydrates and a low carbohydrate diet is **not** recommended.

## HOW DO I READ FOOD LABELS?

To count the grams of carbohydrate on a food label look for:

1. Serving size
2. Total grams of carbohydrate
3. Fiber in grams

Next, **subtract** the grams of fiber from the grams of carbohydrate.

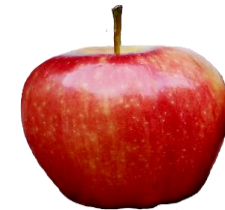
Nutrition Facts	
Per 1 cup (122 g)	
Calories 140	% Daily Value *
Fat 8 g	11 %
Saturated 3 g + Trans 0 g	15 %
Carbohydrate 19 g	
Fibre 2 g	7 %
Sugars 14 g	14 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 5 mg	1 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron 0.5 mg	3 %
Thiamine 0.05 mg	4 %
Riboflavin 0.05 mg	4 %

\* 5% or less is a little, 15% or more is a lot

Example: For 1 cup, there is a total of 17 grams of carbohydrate.



# Gestational Diabetes Lifestyle Management



## MANAGING YOUR BLOOD SUGAR

Your blood sugar level is affected by many factors such as your diet, activity level, amount of insulin you produce and even stress. Keeping track of your blood sugars and diet will help your health-care team determine how and why your blood sugar may change over time so that you can better control it.

### Controlling your blood sugars requires you to:

1. **Test** your blood sugar 4 times per day using a glucometer.
2. Modify your **diet** to distribute your carbohydrate intake throughout the day.
3. Keep active. Moderate amounts of **exercise** help your body lower your blood sugar.
4. Potentially, **insulin**: if your blood sugars remain high despite following diet and exercise recommendations, you may need insulin to help keep your blood sugars in target range.

## MEAL PLANNING

It is important to include foods from each of the four food groups from Canada's Food Guide to Healthy Eating at every meal.

The **TYPE** and **QUANTITY** of the foods you eat is very important.

**Carbohydrates** are found in many foods including cereal, breads, pasta, rice, fruit, some vegetables, milk, yogurt, and desserts/sweets.

Most of the carbohydrates you eat are broken down into glucose which raises your blood glucose level.

Most **protein** foods do not contain carbohydrates. It is important to include a serving of protein at every meal to *slow* down how fast your blood sugar rises.

Healthy sources of **fat** are concentrated sources of calories and can help to keep you feeling full. They also do not contain carbohydrate and can also help *slow* the rise of your blood sugar following a meal.

## CARBOHYDRATE COUNTING

"Carb" counting is a flexible way to plan your meal and maintain a consistent intake of carbohydrates from day to day.

	Carbohydrate (grams)
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Using your food guide, the nutrition facts label or an app determine your portion sizes of each carbohydrate containing food to meet your target for each meal/snack.

**PLEASE KEEP A DIET RECORD OF YOUR MEALS/SNACKS FOR THE FIRST WEEK.**