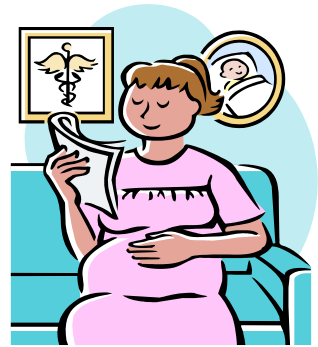


Gestational Diabetes Information



If you or someone in your family is pregnant this booklet is for you! It has information on *gestational diabetes* and tips on how to work with your doctor and staff to manage your gestational diabetes. Please share this booklet with your family and friends and use it as a guide to talk over questions with your health care team.

If you have *gestational diabetes*, you can have a healthy pregnancy and baby. Five steps to help you manage include:

- Eating healthy and gain weight at a healthy pace.
- Being active, as recommended by your doctor.
- Monitoring your blood sugar and keeping your levels within your target range.
- Taking medicine, if needed.
- Keeping your appointments

Gestational Diabetes

What is Gestational Diabetes?

Gestational Diabetes (GDM) occurs when blood sugar in your body is **higher than normal** during the second and third trimesters of pregnancy. Your body makes insulin that moves sugar from your blood into your body's cells to use for energy. Higher blood sugars occur because pregnancy hormones make it harder for insulin to work. If your pancreas is not able to make enough insulin to keep up with the need, then your blood sugar goes up.

Health problems may occur when Gestational Diabetes is not controlled:

For you:

- high blood pressure
- urinary tract infections

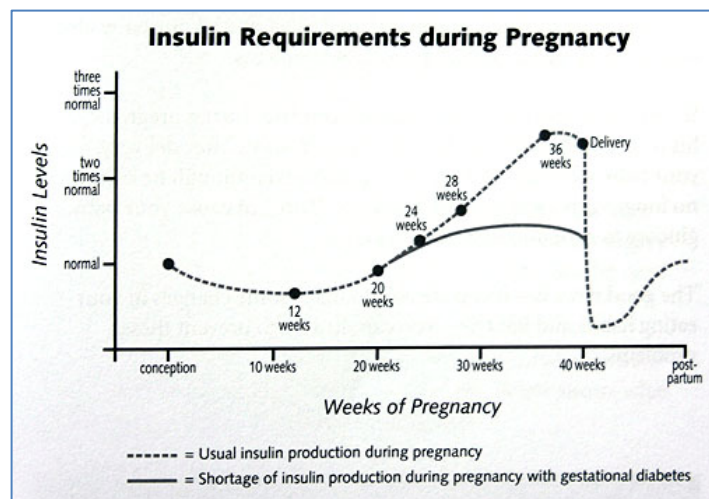
Your baby may be more likely to:

- be too large for a normal delivery and you may need a C-section
- have low blood sugar at birth
- develop jaundice (yellowish skin)
- develop breathing problems
- get type 2 diabetes as an adult



STEPS YOU CAN TAKE TO CONTROL GESTATIONAL DIABETES AND REDUCE PROBLEMS

- Make healthy food choices about what you eat, how much you eat and when you eat.
- Check your blood sugar as directed.
- Medication may be needed if you are not able to control blood glucose by diet and activity.
- Exercise 30 minutes each day, if your doctor says it is ok.
- Don't skip any appointments with your doctor.
- Use family and friends for support to help you through these times.
- Stop smoking if you smoke.



Breastfeeding:

- will help lower your blood sugar levels
- is healthy for you and your baby
- will lower your and your baby's chances of getting diabetes later in life

Meet with a Registered Dietitian to follow a healthy diet for breastfeeding



How does having Gestational Diabetes affect your life after pregnancy?

- Gestational diabetes may go away after birth, but it also increases your chances of getting type 2 diabetes
- Have your blood glucose checked at your yearly appointments
- Prevent type 2 diabetes by:
 - Maintaining a healthy weight
 - Eating a healthy diet
 - Exercising regularly



Diabetes During Pregnancy Discharge Instructions



Follow Your Meal Plan

- No fruit juice, regular soda, regular *Kool-Aid*, or other sugar-sweetened drink for the remainder of your pregnancy.
- Eat at scheduled times. Refer to the meal plan given to you by the dietitian.

Check your blood glucose 4 times a day

- Check fasting blood glucose (when you first get up in the morning before you have any food or drink).
- Check your blood glucose 2 hours after breakfast, lunch, and dinner. Start timing from the first bite of food.

Check your urine for ketones every morning as directed

- Check with your doctor if you should be testing for ketones.
- If you are to test for ketones, check urine from your first urination when you get up in the morning. Do not have anything to eat or drink before you test for ketones.

Be active for at least 30 minutes every day (with your doctor's okay)

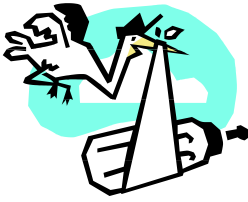
- 10-15 minutes of brisk walking after meals helps accomplish this goal.

Keep appointments with your doctor

- Your doctor will be managing your diabetes during the rest of your pregnancy.
- Be sure to take your blood glucose records with you to your appointments.
- Call your doctor if you have any questions.

References:

1. Gestational Diabetes Mellitus. *Diabetes Care* 27 (Suppl 1):S88-90, 2004.
2. Summary and Recommendations of the Fifth International Workshop-Conference on Gestational Diabetes Mellitus. *Diabetes Care* 30(2):S251-S260, 2007.



Diabetes During Pregnancy Blood Glucose Monitoring Record

Patient Name: _____
 Preferred contact #: _____
 Due date: _____

Educator's Name: _____
 Phone Number: _____
 Fax Number: _____

Date	Urine Ketones	Before Breakfast Target: Less Than _____	2 Hours After Breakfast Target: Less Than _____	2 Hours After Lunch Target: Less Than _____	2 Hours After Dinner Target: Less Than _____	Comments

Diabetes During Pregnancy Meal Planning Guidelines

1. Eat 3 small meals and 2 or 3 snacks each day. Do not skip meals or snacks.
2. Carbohydrate foods (fruit, milk, yogurt, breads, cereals, rice, pasta, potatoes, corn, peas, beans and sweets) raise blood sugar. Limit how many servings you eat at each meal and snack.
 - Eating too much of these foods at one time will raise your blood sugar too much.
3. Eat protein at every meal and snack. Examples include lean beef, pork, chicken, fish, turkey, eggs, low-fat cheese, cottage cheese, tofu, or peanut butter.
4. Add non-starchy vegetables to your meals like broccoli, carrots, tomatoes, cabbage, lettuce, zucchini, onions, peppers, and green beans.
5. Avoid sweet tea, juice, and sodas.
6. Limit sweet foods such as candy, cakes, cookies, pies, ice cream, sugar, honey, syrup, jam/jelly.



Meal Planning Guidelines During Pregnancy

Time	Meal/Snack	Carbohydrate Servings	Carbohydrate Grams	Protein Servings	Comments
_____ AM	Breakfast	1 to 2	15-30 grams	1 to 2 (7-14 grams)	Many women need to avoid fruit and milk in the morning
_____ AM	AM Snack	1 to 2	15-30 grams	1 (7 grams)	
_____ PM	Lunch	3	45 grams	2 to 3 (14-21 grams)	
_____ PM	PM Snack	2	30 grams	1 (7 grams)	
_____ PM	Dinner	3	45 grams	3 (21 grams)	
_____ PM	Bedtime Snack	2	30 grams	1 (7 grams)	

1 Carbohydrate Serving = 15 grams of carbohydrate

1 Protein Serving = 1 ounce of protein = 7 grams of protein

*Choose healthy fats and limit amounts

*Talk to your dietitian before making changes to your meal plan

Carbohydrate Foods

Your meal plan tells you how many carbohydrates to eat at your meals and between meals.

1 carbohydrate serving = 1 starch, fruit, milk or sweets = 15 grams carbohydrate

Grains, Beans and Starchy Vegetables

1 carbohydrate serving (15 grams) is:

- 1 slice bread (1 oz.)
- 1 6-inch tortilla
- 1/2 English muffin or small hamburger bun
- 1/4 bagel
- 3/4 cup unsweetened dry cereal
- 1/2 cup cooked cereal (1/4 cup pre-cooked)
- 1 waffle or pancake (about the size of a CD)
- 1/3 cup of cooked pasta
- 1/3 cup of cooked white or brown rice
- 1/2 cup of cooked beans, peas, corn, sweet potatoes, yams, or potatoes
- 1/4 large baked potato with skin
- 1 cup broth-based soup
- 4-6 crackers or 10-12 baked chips

Milk and Yogurt

1 carbohydrate serving (15 grams) is:

- 1 cup fat-free or low-fat milk
- 1 cup fat-free or low fat plain soy milk
- 6 oz fat-free "light" yogurt

Fruits

1 carbohydrate serving (15 grams) is:

- 1 small fresh fruit (about the size of a tennis ball)
- 1/2 cup unsweetened canned fruit
- 17 small grapes
- 1/2 cup of fruit juice
- 1 cup melon or cantaloupe
- 1 cup berries
- 2 tbsp dried fruit

Sweets and Desserts

1 carbohydrate serving (15 grams) is:

- 2-inch square unfrosted brownie or cake
- 2 small cookies
- 1/2 cup ice cream or frozen yogurt
- 1/4 cup sherbet
- 1/4 cup sorbet
- 1 TBSP syrup, jam, jelly, table sugar, or honey

Other Foods

Protein (Meat and Meat Substitutes)

1 ounce (oz) protein = 7 grams protein

1 oz. of cooked lean beef, chicken or fish
 1 slice low fat cheese
 1/4 cup fat free or low fat cottage cheese
 1/4 cup canned tuna
 1/2 cup tofu
 1 TBSP peanut butter
 1 egg or 2 egg whites

Added Fats

1 serving = 5 grams fat

1 tsp margarine, butter, mayonnaise, or oil
 1 TBSP reduced-fat margarine or mayonnaise
 1 TBSP cream cheese, salad dressing or half and half
 1&1/2 TBSP reduced-fat cream cheese or salad dressing
 1 TBSP seeds or nuts
 2 TBSP sour cream

Combination Foods

1 cup casserole = 2 carbs, 2 protein
 1 cup stew = 1 carb, 1 meat, 0-3 fats
 1 cup cream soup = 1 carb, 1 fat
 Slice of pizza = 2 carbs, 2 protein, 2 fat
 Beef burrito = 3 carbs, 1 protein, 1 fat
 6 chicken nuggets = 1 carb, 2 protein, 2 fat
 Medium French fries = 4 carbs, 4 fat
 Small cupcake = 2 carbs, 1 fat
 Slice of fruit pie = 3 carbs, 2 fat

Non-starchy Vegetables

Unlimited servings

Celery	Cucumber
Zucchini	Spinach
Lettuce	Bell Pepper
Tomatoes	Green Beans
Carrots	Broccoli
Onions	Mushrooms

Free Foods

Less than 20 calories and less than 5 grams of carbohydrate per serving

Sugar-free gelatin	1 Tbsp ketchup
Diet soda	Salsa/hot sauce
Sugar-free popsicles	Nonfat cooking spray
Lemon juice	Artificial sweeteners
Mustard	Herbs and spices

YOUR PERSONAL MEAL PLAN:**FOOD ALLOWANCES PER DAY**

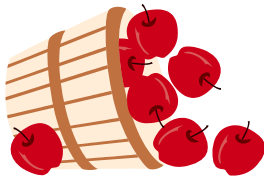
Name _____

Calories _____ Carb servings _____

Date _____

Meat/Protein oz. _____ Fat servings _____

TIME	NUMBER OF SERVINGS	SAMPLE MENU
MEAL	_____ Carb servings includes: starch fruit milk sweets/desserts _____ oz. Meat/Protein _____ Fat servings	
SNACK	_____ Carb servings _____ oz. Meat/protein	
MEAL	_____ Carb servings includes: starch fruit milk sweets/desserts _____ oz. Meat/Protein _____ Fat servings Unlimited <u>non-starchy</u> vegetables	
SNACK	_____ Carb servings _____ oz. Meat/protein	
MEAL	_____ Carb servings includes: starch fruit milk sweets/desserts _____ oz. Meat/Protein _____ Fat servings Unlimited <u>non-starchy</u> vegetables	
SNACK	_____ Carb servings _____ oz. Meat/protein	



Food Record

Please write down everything you eat and drink and the amounts (in cups, ounces, tbsp, tsp, etc.) Include condiments (pickles, relish, mayonnaise, etc.)

Name: _____

Date:	Date:
Breakfast Time: _____ Drinks::	Breakfast Time: _____ Drinks::
Snack Time: _____ Drinks::	Snack Time: _____ Drinks::
Lunch Time: _____ Drinks::	Lunch Time: _____ Drinks::
Snack Time: _____ Drinks::	Snack Time: _____ Drinks::
Dinner Time: _____ Drinks::	Dinner Time: _____ Drinks::
Snack Time: _____ Drinks::	Snack Time: _____ Drinks::

Snack Ideas

One Carbohydrate Serving = 15 Grams

2 rice cakes	1 ounce fruit and trail mix (high in fat)
100 calorie snack pack	1/2 pita bread
6 saltine or wheat crackers	8 animal crackers
3/4 ounce pretzels	5 vanilla wafers
1/3 cup original Chex Mix	2 small cookies (high in fat)
3/4 cup dry cereal	8 ounces skim or 1% milk
1 ounce baked pita chips (9)	8 ounces plain yogurt
1 crunchy granola bar	6 ounces flavored "light" yogurt
6 Triscuits	4 ounces sugar-free pudding
12 Wheat Thins	1 Fudgesicle
1 mini bagel	1/2 cup ice cream (high in fat)
10-12 baked chips	4 ounces "light" canned fruit
3 graham cracker squares	2 Tbsp raisins
4 Melba Toast	1 small fruit
1 tortilla (6 inches)	1/2 large banana
3 cups "light" popcorn	1 cup blueberries
1/2 English muffin	1 cup strawberries
1 slice bread	17 small grapes
1/3 cup hummus	8 dried apricot halves
1/2 pita bread	

Meat/Protein Serving = 1 ounce

- 1 stick of "light" string cheese
- 2 triangles "light" Laughing Cow cheese
- 1-2 slices reduced-fat deli cheese
- 1/4 cup cottage cheese
- 1-2 slices turkey, chicken or roast beef
- 1 reduced fat hot dog
- 1/4 cup tuna (packed in water)
- 1 stick beef jerky
- 1 egg or 2 egg whites
- 1/4 cup egg substitute
- 2 slices Canadian bacon or ham (**high in sodium**)
- 2 Tbsp peanut butter (200 calories; **high in fat**)
- 1/4 cup of nuts (about 200 calories; **high in fat**)

Be a “Carb Detective” – Read Food Labels

The two most important things to know for a carbohydrate controlled meal plan:

- ❖ Serving Size
- ❖ Grams of Total Carbohydrate

Nutrition Facts	
Serving Size 4 crackers (25g)	
Serving Per Container 32	
Amount Per Serving	
Calories 80	Calories from Fat 18
% Daily Value*	
Total Fat 2g	5%
Saturated fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 66mg	3%
Total Carbohydrate 14g	
Dietary Fiber 3g	4%
Sugar 4g	
Sugar Alcohol 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	3%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

1st: Check Serving Size

The serving size for this food is

4 crackers

There are **32 servings** in this container

Eat LESS Saturated and Trans Fat

2nd: Check Total Carbohydrate Grams

*Sugars are part of total carbohydrate
Don't count twice

***Fiber** is also included in the total carbohydrate amount
High fiber is good (3g or more)

* If a serving of food contains at least 5 grams of fiber, you can subtract ½ the fiber grams from the total carbohydrate, and count this adjusted number in your meal plan carb count.

* Sugar Alcohol is a sweetener often used in sugar free candy, cookies, ice cream, etc. It will be listed on the food label under Total Carbohydrate. You can subtract ½ the grams of sugar alcohol from the total carbohydrate grams, and count this adjusted number in your meal plan carb count. This sweetener may cause stomach upset, especially if too much is used in one day.

Healthier Breakfast Options

2 carbs/30 grams	3 carbs/45 grams	4 carbs/60 grams
Breakfast #1	Breakfast #1	Breakfast #1
1 cup oatmeal (2 carbs/30g)	1 cup oatmeal (2 carbs/30g)	1 cup oatmeal (2 carbs/30g)
1 tsp cinnamon (free)	2 tbsp. raisins (1 carb/15g)	2 tbsp. raisins (1 carb/15g)
1 packet Splenda (free)	1 tsp cinnamon (free)	1 tsp cinnamon (free)
4 pecan or walnut halves, chopped (1 fat)	1 packet Splenda (free)	1 packet Splenda (free)
1 oz lean meat or low fat cheese or egg (1 protein)	4 pecan or walnut halves, chopped (1 fat)	4 pecan or walnut halves, chopped (1 fat)
	1 oz lean meat or low fat cheese or egg, (1 protein)	1 oz lean meat or low fat cheese or egg, (1 protein)
		1 cup of skim milk (1 carb/15g)
Breakfast #2	Breakfast #2	Breakfast #2
1 whole wheat English muffin (2 carb/30g)	1 whole wheat English muffin (2 carb/30g)	1 whole wheat English muffin (2 carb/30g)
2 egg whites(1protein)	2 egg whites(1protein)	2 egg whites (1protein)
1 slice low fat cheese (1protein)	1 slice low fat cheese (1protein)	1 slice low fat cheese (1protein)
	1 ¼ cup of whole strawberries (1carb/15g)	1 banana (2 carb/30g)
Breakfast #3	Breakfast #3	Breakfast #3
1 slice of whole wheat toast (1 carb/15g)	1 slice whole wheat toast (1 carb/15g)	2 slices whole wheat toast (2 carb/30g)
1 Tbsp. peanut butter (1 high fat protein)	1 Tbsp. peanut butter (1 high fat protein)	2 Tbsp. peanut butter (2 high fat protein)
1 cup of skim milk (1 carb/15g)	1 cup of skim milk (1 carb/15g)	1 cup of skim milk (1 carb/15g)
	1 small apple (1 carb, 15 g)	1 small apple (1 carb, 15 g)
Breakfast #4	Breakfast #4	Breakfast #4
2 whole wheat waffles(2 carb/30g)	2 whole wheat waffles(2 carb/30g)	2 whole wheat waffles(2 carb/30g)
2 tbsp. sugar free syrup (free)	2 tbsp. sugar free syrup(free)	2 Tbsp. sugar free syrup(free)
1 tsp. margarine (1 fat)	1 tsp. margarine (1 fat)	1 tsp. margarine (1 fat)
1 egg (1protein)	1 egg (1 protein)	1 egg (1 protein)
	1 carton light fruit yogurt (1 carb/15g)	1 carton light fruit yogurt (1 carb/15g)
		3/4 cup blueberries (1 carb/15g)

Healthier Breakfast Options

2 carbs/30 grams

Breakfast #5

1 2oz small bagel (2 carb/30g))
 1 ½ Tbsp. light cream cheese(1 fat)
 2 tsp. sugar free jelly (free)
 1 oz lean meat or low fat cheese or egg
 (1 protein)

3 carbs/45 grams

Breakfast #5

1 2oz small bagel (2 carb/30g)
 1 ½ Tbsp. light cream cheese (1 fat)
 2 tsp. sugar free jelly (free)
 1 oz lean meat or low fat cheese or egg
 (1 protein)
 1 cup cubed cantaloupe (1 carb/15g)

4 carbs/60 grams

Breakfast #5

1 4oz bagel (4 carb/60g)
 3 Tbsp. light cream cheese (2 fats)
 2 tsp. sugar free jelly (free)
 1 oz lean meat or low fat cheese or egg
 (1 protein)

Breakfast #6

¾ cup bran cereal (1 carb/15g)
 1 cup 1% milk (1 carb/15g)
 1 oz lean meat or low fat cheese or egg
 (1 protein)

Breakfast #6

¾ cup bran cereal (1 carb/15g)
 1 cup 1% milk (1 carb/15g)
 1 oz lean meat or low fat cheese or egg
 (1 protein)
 ½ banana (1 carb/15g)
 1 packet Splenda (free)

Breakfast #6

¾ c raisin bran cereal (2 carb/30g)
 1 cup 1% milk (1 carb/15g)
 1 oz lean meat or low fat cheese or egg
 (1 protein)
 ½ banana (1 carb/15g)
 1 packet Splenda (free)

Healthier Lunch Options

2 carbs/30 grams	3 carbs/45 grams	4 carbs/60 gram
Lunch #1	Lunch #1	Lunch #1
1/2 cup tuna salad (2oz protein + 1 fat)	1/2 cup tuna salad (2oz protein + 1 fat)	1/2 cup tuna salad (2oz protein+ 1 fat)
1 cup of salad greens (free)	1 cup of salad greens (free)	1 cup of salad greens (free)
12 whole grain crackers (2 carbs/30g)	12 whole grain crackers (2 carbs/30g)	12 whole grain crackers (2 carbs/30g)
1 oz low fat shredded cheese (1 protein)	1 oz low fat shredded cheese (1 protein)	1 oz low fat shredded cheese (1 protein)
1 cup baby carrots (free)	1 cup baby carrots (free)	1 cup baby carrots (free)
	1/2 cup tomato soup (1 carb/15g)	1 cup tomato soup (2 carbs/30g)
Lunch #2	Lunch #2	Lunch #2
6 oz baked potato (white or sweet) (2 carbs/30g)	6 oz baked potato (white or sweet) (2 carbs/30g)	6 oz baked potato (white or sweet) (2 carbs/30g)
1 oz low fat shredded cheese (1 protein)	1 oz low fat shredded cheese (1 protein)	1 oz low fat shredded cheese (1 protein)
3 ounces grilled fish (3 protein)	3 ounces grilled fish (3 protein)	3 ounces grilled fish (3 protein)
1 cup broccoli and carrots (free)	1 cup mixed veggies with corn (1 carb/15g)	1 cup broccoli and carrots (free)
	1 cup broccoli and carrots (free)	1 ounce dinner roll (1 carb/15g)
		1 cup mixed veggies with corn (1 carb/15g)
Lunch #3	Lunch #3	Lunch #3
1/4 of 12" pizza vegetable pizza, thin crust (2 carb/30g, 2 protein)	1/4 of 12" pizza vegetable pizza, thin crust (2 carb/30g, 2 protein)	1/2 of 12" pizza vegetable pizza, thin crust (4 carb/60g, 4 protein)
Tossed green salad (free)	Tossed green salad (free)	Tossed green salad (free)
2 Tbsp. reduced-fat dressing (1 fat)	2 Tbsp. reduced-fat dressing (1 fat)	2 Tbsp. reduced-fat dressing (1 fat)
1 cup sugar free jello (free)	1/2 cup sugar free pudding (1 carb/15g)	1/2 cup sugar free jello (free)

Healthier Lunch Options

2 carbs/30 grams	3 carbs/45 grams	4 carbs/60 gram
Lunch #4	Lunch #4	Lunch #4
Whole wheat bun (2 carbs/30g)	Whole wheat bun (2 carbs/30g)	Whole wheat bun (2 carbs/30g)
3 oz grilled chicken breast (3 protein)	3 oz grilled chicken breast (3 protein)	3 oz grilled chicken breast (3 protein)
tomatoes, lettuce, onion (free)	tomatoes, lettuce, onion (free)	tomatoes, lettuce, onion (free)
Tossed salad (free)	Tossed salad (free)	Tossed salad (free)
2 tbsp. light vinaigrette (1 fat)	2 tbsp. light vinaigrette (1 fat)	2 tbsp. light vinaigrette (1 fat)
	1/2 c. pinto beans (1 carb/15 g)	1 c. pinto beans (2 carbs/30 g)
Lunch #5	Lunch #5	Lunch #5
1 whole wheat pita bread (2 carbs/30g)	1 whole wheat pita bread (2 carbs/30g)	1 whole wheat pita bread (2 carbs/30g)
2 slices turkey (2 protein)	2 slices turkey (2 protein)	2 slices turkey (2 protein)
1 slice of low fat cheese (1 protein)	1 slice of low fat cheese (1 protein)	1 slice of low fat cheese (1 protein)
1/8 avocado (1 fat)	1/8 avocado (1 fat)	1/8 avocado (1 fat)
1 Tbsp. reduced fat mayonnaise (1 fat)	1 Tbsp. reduced fat mayonnaise (1 fat)	1 Tbsp. reduced fat mayonnaise (1 fat)
sprouts, tomatoes (free)	sprouts, tomatoes (free)	sprouts, tomatoes (free)
1 cup sugar-free jello (free)	10-12 baked chips (1 carb/15g)	10-12 baked chips (1 carb/15g)
	1 cup sugar-free jello (free)	1/2 cup sugar free frozen yogurt (1 carb/15g)
Lunch #6	Lunch #6	Lunch #6
1 slice whole wheat bread (2 carbs/30g)	2 slices whole wheat bread (2 carbs/30g)	2 slices whole wheat bread (2 carbs/30g)
1 Tbsp. peanut butter (1 high fat protein)	2 Tbsp. peanut butter (2 high fat protein)	2 Tbsp. peanut butter (2 high fat protein)
1 Tbsp. sugar-free jelly (free)	1 Tbsp sugar free jelly (free)	1 Tbsp. sugar-free jelly (free)
1 cup 1% milk (1 carb/15g)	1 cup 1% milk (1 carb/15g)	1 cup 1% milk (1 carb/15g)
1 cup baby carrots (free)	1 cup baby carrots (free)	1 cup baby carrots (free)
		1 small orange or nectarine (1 carb/15g)

Healthier Dinner Options

2 carbs/30 grams	3 carbs/45 grams	4 carbs/60 grams
Dinner #1	Dinner #1	Dinner #1
1 spinach enchilada (1 carb/15g, 1 oz protein)	1 spinach enchilada (1 carb/15g, 1 oz protein)	1 spinach enchilada (1 carb/15g, 1 oz protein)
1 soft grilled chicken taco (1 carb/15g, 2 oz protein)	1 soft grilled chicken taco (1 carb/15g, 2 oz protein)	1 soft grilled chicken taco (1 carb/15g, 2 oz protein)
Lettuce, tomatoes, peppers (free)	1/2 cup black beans (1 carb/15g)	1/2 cup black beans (1 carb/15g)
Salsa (free)	Lettuce, tomatoes, peppers (free)	Lettuce, tomatoes, peppers (free)
	Salsa (free)	Salsa (free)
		12 corn tortilla chips (1 carb/15g)
Dinner #2	Dinner #2	Dinner #2
4" square lasagna with meat sauce (2 carb/30g, 2oz protein)	4" square lasagna with meat sauce (2 carb/30g, 2oz protein)	4" square lasagna with meat sauce (2 carb/30g, 2oz protein)
Side of grilled vegetables (free)	1 (4 inch) breadstick (1 carb/15g)	1 (4 inch) breadstick (1 carb/15g)
Tossed Salad (free)	Side of grilled vegetables (free)	1 cup of minestrone soup (1 carb/15g)
2 tbsp. light dressing (1 fat)	Tossed Salad (free)	Side of grilled vegetables (free)
	2 tbsp. light dressing (1 fat)	Tossed Salad (free)
		2 tbsp. light dressing (1 fat)
Dinner #3	Dinner #3	Dinner #3
3 oz of baked salmon (3 oz protein)	3 oz of baked salmon (3 oz protein)	3 oz of baked salmon (3 oz protein)
2/3c brown rice pilaf (2 carbs/30g)	2/3c brown rice pilaf (2 carbs/30g)	2/3c brown rice pilaf (2 carbs/30g)
1 tbsp. light margarine (1 fat)	1/2 cup green peas (1 carb/15g)	1 cup green peas (2 carb/30g)
1 cup steamed broccoli (free)	1 tbsp. light margarine (1 fat)	1 tbsp. light margarine (1 fat)
	1 cup steamed broccoli (free)	1 cup steamed broccoli (free)

Healthier Dinner Options












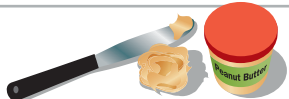










2 carbs/30 grams	3 carbs/45 grams	4 carbs/60 grams
Dinner #4	Dinner #4	Dinner #4
3 oz grilled pork tenderloin (3oz protein)	3 oz grilled pork tenderloin (3oz protein)	3 oz grilled pork tenderloin (3oz protein)
½ cup pinto beans(1carb/15g)	½ cup pinto beans (1carb/15g)	½ cup pinto beans (1carb/15g)
1/3 cup brown rice(1carb/15g)	1/3 cup brown rice (1carb/15g)	2/3 cup brown rice (2carb/30g)
1 cup green beans (free)	1 2inch square of cornbread (1 carb/15g)	1 2inch square of cornbread (1 carb/15g)
1 tbsp. light margarine (1 fat)	1 cup green beans (free) 1 tbsp. light margarine (1 fat)	1 tbsp. light margarine (1 fat) 1 cup green beans(free)
Dinner #5	Dinner #5	Dinner #5
3 oz sirloin steak (3 oz protein)	3 oz sirloin steak (3 oz protein)	3 oz sirloin steak (3 oz protein)
1/2 cup potato salad (1 carb/15g)	1/2 cup potato salad (1 carb/15g)	1/2 cup potato salad (1 carb/15g)
½ ear corn on the cob (1 carb/15g)	½ ear corn on the cob (1 carb/15g)	½ ear corn on the cob (1 carb/15g)
1 cup coleslaw with sugar-free dressing (free)	1 cup coleslaw with sugar-free dressing (free)	1 cup coleslaw with sugar-free dressing (free)
	1 1/4cups strawberries (1carb/15g)	1 1/4cups strawberries (1carb/15g) 2 inch square unfrosted cake (1carb/15g)
Dinner #6	Dinner #6	Dinner #6
3 oz baked chicken (3 oz protein)	3 oz baked chicken (3 oz protein)	3 oz baked chicken (3 oz protein)
1 cup mashed potatoes (2 carb/30g)	1 cup mashed potatoes (2 carb/30g)	1 cup mashed potatoes (2 carb/30g)
Steamed zucchini squash (free)	½ cup corn (1carb/15g)	1 cup corn (2 carbs/30g)
Green beans (free)	Steamed zucchini squash (free)	Steamed zucchini squash (free)
	Green Beans (free)	Green Beans (free)



Manage portions so you can manage your diabetes. Meal planning is a big part of living with diabetes. It does not have to be hard. Learning to estimate how much to eat and drink can help. Use things you see every day for comparison to make this easier.

- Plan how much you will eat, so you can follow your meal plan.
- Keep accurate food diaries of what you have eaten and drank.

Portion Equivalents:

1 cup	=	 one-cup measure	=	size of baseball 	=	 2 scoops mashed potatoes
1/2 cup	=	 half-cup measure	=	size of lightbulb 	=	 a scoop of ice cream
1/3 cup	=	 third-cup measure	=	size of egg 	=	 small handful of crackers
2 Tablespoons	=	 2 T measuring spoons	=	size of golf ball 	=	 small scoop of peanut butter
1 Tablespoon	=	 Tablespoon measure	=	size of thumb 	=	 dollop of Miracle Whip
1 teaspoon	=	 teaspoon measure	=	size of penny 	=	 pat of butter
3 ounces (oz)	=	size and thickness of a deck of cards 	=		=	small pork chop
1 ounce (oz)	=	size of 4 dice 	=		=	meat, fish fillet, chicken



The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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Help for Common Problems in Pregnancy

Tips to Prevent Heartburn

👉 *Avoid foods/drinks that can trigger heartburn:*

- Drinks with caffeine: coffee, tea, soda
- Carbonated drinks (all sodas)
- Spicy foods – anything made with chili powder, peppers, hot sauce
- Fried foods
- High acid foods such as citrus and tomatoes

👉 *These tips can help prevent heartburn:*

- Eating slowly
- Eating a small meal
- Sitting up for 2 hours after you eat
- Wearing clothes that are loose around your waist



Tips to Prevent or Treat Nausea/Morning Sickness

- 👉 Eat crackers or dry toast when you first wake up
- 👉 Have plenty of fresh air in the room where you sleep
- 👉 Get out of bed slowly and avoid sudden movements
- 👉 Drink liquids between meals and not with meals
- 👉 Avoid foods with strong odors – try cold foods like cereal and sandwiches
- 👉 Take vitamins with food later in the day

Tips to Prevent Constipation

- 👉 Drink 8 to 10 glasses of water every day
- 👉 Eat high fiber foods such as whole-grain breads and cereals, beans, fresh fruit, dried fruit (raisins, prunes) and more servings of vegetables
- 👉 Exercise - try a 10 minute walk after meals



WARNING: Talk to your doctor before taking any medication or home remedy to be sure it is safe in pregnancy

Did You Have Gestational Diabetes When You Were Pregnant?

What You Need to Know.

Some women get diabetes when they are pregnant. Doctors call this gestational (jes-TAY-shun-al) diabetes. Most of the time, it goes away after your baby is born. Even if the diabetes goes away, you still have a greater chance of getting diabetes later in life. Your child may also have a greater chance of being obese and getting type 2 diabetes later in life. Use this tip sheet to learn what you can do for yourself and your child.

Action steps for you

Get tested for diabetes:

- ▶ Get tested for diabetes 6 to 12 weeks after your baby is born. If the test is normal, get tested every 3 years. If the test results show that your blood sugar (glucose) is higher than normal but not high enough to be diabetes, also called prediabetes, get tested for diabetes every year.
- ▶ Talk to your doctor about your test results and what you can do to stay healthy.
- ▶ If your test results show that you could get diabetes and you are overweight, ask your doctor about what changes you can make to lose weight and for help in making them. You may need to take medicine such as metformin to help prevent type 2 diabetes.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Change the foods you eat and be more active:

- ▶ Choose healthy foods such as:
 - fruits that are fresh, frozen, or canned in water
 - lean meats, chicken and turkey with the skin removed, and fish
 - skim or low-fat milk, cheese, and yogurt
 - vegetables, whole grains, dried beans, and peas
- ▶ Drink water instead of juice and regular soda.
- ▶ Eat smaller amounts of food to help you reach and stay at a healthy weight. For example, eat a 3-ounce hamburger instead of a 6-ounce hamburger. Three ounces is about the size of your fist or a deck of cards.
- ▶ Be more active each day. Try to get at least 30 minutes of activity, 5 days a week. It is okay to be active for 10 minutes at a time, 3 times a day. Walk with friends, swim, or garden to move more.
- ▶ Try to get back to a healthy weight. Talk to your health care team about a plan to help you lose weight slowly. Being at a healthy weight can help reduce your chances of getting type 2 diabetes.

Other action steps

- ▶ Tell your doctor or health care team if:
 - you had gestational diabetes
 - you want to get pregnant again
- ▶ Breastfeed your baby to help you lose weight and improve your child's health.
- ▶ Make sure your history of gestational diabetes is in your child's health record.



Action steps for the whole family

- ▶ Ask your doctor for an eating plan that will help your children grow and be at a healthy weight.
- ▶ Help your children make healthy food choices.
- ▶ Help your children be active for at least 60 minutes each day.
- ▶ Do things together as a family, such as making healthy meals or playing active games together.
- ▶ Limit your kids' play time in front of the computer, tablets, smartphones, and TV to 2 hours per day.
- ▶ Contact your local parks department or local health department to learn where you can find safe places to be active and get healthy foods.



Things to remember:

- ▶ Get tested for diabetes 6 to 12 weeks after your baby is born.
- ▶ Take steps to lower your chances of getting diabetes by being more active and making healthy food choices to get back to a healthy weight.
- ▶ Help your children be healthy and lower their chances of getting type 2 diabetes.

National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337), TTY: 1-866-569-1162 • www.YourDiabetesInfo.org

Francine R. Kaufman, MD, Professor Emeritus of Pediatrics and Communications at the University of Southern California and attending physician at Children's Hospital Los Angeles reviewed this material for accuracy.

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Time to Get Moving!

Being active is good for most people – as well as people with diabetes!

Being active can help you:

- ✓ Control your blood sugars, blood pressure, and weight
- ✓ Have a stronger heart
- ✓ Have more energy and less stress
- ✓ Have stronger muscles and bones
- ✓ Feel calmer and better



Check with your doctor first if you haven't been active in a while.

Each day, you can choose small things that make a big change over time.

- Take the stairs instead of the elevator
- Park at the far end of the parking lot when you go to a store
- Walk instead of sitting when you talk on the phone
- Take the dog for a walk



You can also be active by exercising most days.

If you haven't been active lately, start out with just 5 or 10 minutes. Then slowly add more time each week or so. Or spread the exercise out such as three 10 minute walks during the day.

Also include strength training 2 or 3 times a week. This can be done by lifting weights, using large rubber-type bands, climbing stairs, lifting bags of groceries.

Stretching your muscles for 5 to 10 minutes helps to keep you limber and lowers your chance of getting hurt. It's best to do this after your muscles are warmed up.

Try to be active 30 minutes or more a day, at least 5 days a week.

HAVE SOME FUN!



Diabetes Resources for Patients

- The resources below are meant to provide you with a list of things that can help you to keep learning about and managing your diabetes. Please note: the information in this document was accurate at the time of writing. If information has changed please let us know so that we can update the handout.
- Most resources are free unless otherwise noted; some online resources require you to create an account.**
- The National Library of Medicine has a 16 minute video you may find helpful to assess health information found on the internet: www.nlm.nih.gov/medlineplus/webeval/webeval.html

Resources	
Web-based Information about diabetes and pre-diabetes	<ul style="list-style-type: none"> www.ndep.nih.gov/resources/diabetes-healthsense/ (Diabetes Health Sense) www.dlife.com healthsource.baylorhealth.com/ (Baylor health library) diabetessisters.org www.healthline.com/diabetesmine www.diabetes.org (American Diabetes Association) www.diabetes.niddk.nih.gov (National Diabetes Information Clearinghouse) www.eatright.org/public (Academy of Nutrition and Dietetics)
Help with Meal Planning	<ul style="list-style-type: none"> www.choosemyplate.gov www.tracker.diabetes.org www.calorieking.com (nutrition info is free; meal planning has a cost) www.bd.com/us/diabetes (Fast Food Guide) www.caloriecount.com/cc/recipe_analysis.php (Nutrition info for your own recipe) www.pcrm.org/health/diets (information on vegetarian and vegan diets) www.fit2me.com
Phone Apps	<ul style="list-style-type: none"> MyFitnessPal and Map My Fitness (can track calories and activity) CalorieKing Food Search (nutrition information) MedSimple (refill reminders, drug information, money-saving options) Goal Tracker (American Association of Diabetes Educators) LogFrog DB Lite (free version of LogFrog DB)
Support	<ul style="list-style-type: none"> Facebook page: www.facebook.com/group/diabetesdialogue www.facebook.com/groups/dfwdiabetesandexercise www.healthjourneys.com (guided imagery and affirmation on MP3 and CDs) Diabetes Support Groups (www.baylorhealth.edu or call 1-800 421-9567 for a support group near you)

Books (can find many of these at the Library or Half Price Books)	<ul style="list-style-type: none">• <u>Diabetes Burnout: What to do When you Can't Take it Anymore</u>• <u>The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed.</u>• <u>Psyching out Diabetes, A Positive Approach to your Negative Emotions,</u>• <u>365 Daily Meditations for People with Diabetes</u>• <u>101 Tips for Coping with Diabetes</u>• <u>Confessions of a Couch Potato</u>• <u>10 Steps to Living Better with Diabetes</u>	
Local Diabetes Education Programs And Support Groups	Baylor All Saints 1400 8 th Avenue Fort Worth, TX 76104 Phone: 817-922-1794	Baylor Waxahachie 2460 I-35E, 2 nd floor Waxahachie, TX 75165 Phone: 469-843-4033
	Baylor University Medical Center 3500 Gaston Avenue, 2 nd Floor Hoblitzelle Dallas, TX 75246 Phone: 214-820-8988	Diabetes of America 6420 N MacArthur Blvd, Suite 130 Irving, TX 75039 Phone: 972-402-8300
	Baylor McKinney 5252 W. University Drive McKinney, TX 75071 Phone: 469-764-1815	Diabetes of America 1708 Coit Road, Suite 100 Plano, TX 75075 Phone: 469-467-0400
	Baylor Plano 4700 Alliance Blvd Plano, TX 75093 Phone: 469-814-6896	Diabetes of America 4519 Matlock Rd # 135 Arlington, TX 76018 Phone: 817- 472-7969
	Diabetes Health & Wellness Institute Juanita J. Craft Recreation Center 4500 Spring Ave, Dallas, TX 75210 Phone: 214-915-3200	
QUESTIONS ABOUT:		
BLOOD GLUCOSE METERS: call the 800 number on the back of your meter		
COVERAGE of diabetes medications and supplies: Call the member services number on your insurance card or go to www.tdi.state.tx.us		
DISASTER PLANNING: http://www.cdc.gov/diabetes/news/docs/disasters.htm		
TRAVEL: www.diabetes.org/airportsecurity or www.tsa.gov/traveler-information/passengers-diabetes		
DRIVING: http://www.nhtsa.gov and search for diabetes		
Medical ID: www.n-styleid.com , www.medicalert.org		
MEDICATIONS: <ul style="list-style-type: none">• Most pharmacies offer \$4 prescriptions. Talk to your doctor or pharmacist.• www.needymeds.com or www.rxassist.org (sites gives information about programs)• www.freemedicineprogram.org 800-921-0072 (can get help for free or at reduced cost)• Information about medications: www.drugs.com• Choosing supplements: www.uspverified.org		



Diabetes During Pregnancy After Delivery Instructions

Healthy Eating

- Make healthy food choices
- Eat smaller portions
- Refer to information provided by the dietitian

Being Active

- Be active at least 30 minutes every day (with doctor's okay)

Monitoring

- You no longer have to check your blood glucoses daily; however you may want to check your blood glucose a few times a week for a few weeks to make sure your glucose levels are normal. The range for blood glucose is different now that you are no longer pregnant. Recommended blood glucose ranges:

Fasting	Less than 100 mg/dl
Two hours after a meal	Less than 140 mg/dl

- Get tested for diabetes 6-12 weeks after your baby is born, then every one to two years. If you become pregnant again you should be tested for gestational diabetes right away.

Taking Medications

- Check with your doctor to make sure your medication list is up to date.
- Let your doctor know if you are having problems with any of your medications.
- Take your medications as directed.

Healthy Coping

- Having the support of friends and family is key to healthy coping. Make time to nurture these relationships.
- Some healthy coping methods include faith-based activities, hobbies, and being active.

Reducing Risks

- Breast feeding your baby may lower your baby's risk of getting type 2 diabetes.
- Let your doctor know if you are planning on getting pregnant again.
- Try to reach your pre-pregnancy weight 6-12 months after your baby is born.

References

1. NIH publication No. 00-4818 June 2005 *Am I at risk for gestational diabetes?*
2. NIH publication No. 06-6019 April 2006 *It's never too early to prevent diabetes*