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## Diabetes in Pregnancy Tip Sheet

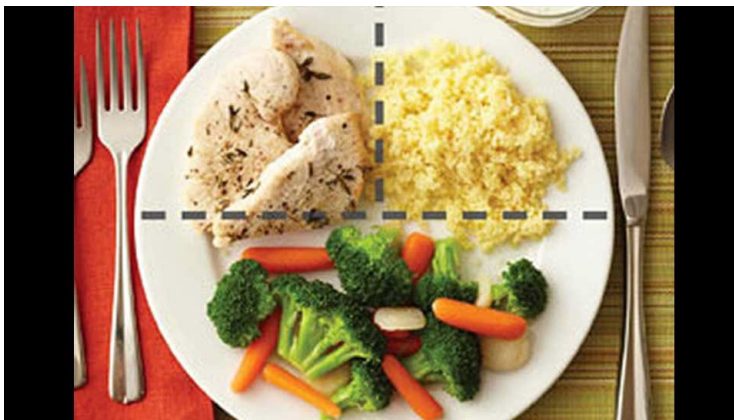
### Tips for Gestational Diabetes or Diabetes in Pregnancy:

- eat 3 meals/day. Do not skip meals.
- eat snacks between every meal.
- do not drink sweetened beverages or juice.
- do eat vegetables at meals. (see below)
- do eat **a fist-size portion** of rice, potatoes, pasta at meals.
- check blood sugar 4x/day (before breakfast, 2 hours after breakfast, lunch & dinner). Record & take readings to OB appointments.
- be active 20-30 min daily such as prenatal yoga, walking, stationary bike. (Link below)
- take medications every day *if prescribed*.

*Blood glucose target before breakfast (fasting)- 70-95 mg/dl*

*Blood glucose target 2 hours after meals- 70- 120 mg/dl*

Examples of Meals:



Additional resources:

<https://diabetes.org/diabetes/gestational-diabetes>

<https://www.diabetesfoodhub.org/>

What is gestational diabetes: [What is Gestational Diabetes \(Animation\) - YouTube](#)

Fitness videos for pregnancy/postpartum [Pregnancy and Postpartum TV - YouTube](#)