



## Manage Diabetes in Pregnancy

Congratulations on your pregnancy! Our Diabetes Educators will work closely with you to help you and your baby be as healthy as possible. The steps to a healthy pregnancy with Diabetes are:

- ✓ Check blood glucose as directed
- ✓ Follow healthy eating guidelines
- ✓ Be active for 30 minutes on most days

### CHECK BLOOD GLUCOSE

- Check your blood glucose 4 times each day.
  - Check upon awakening (also called fasting). Goal is less than 95 mg/dl.
  - Check one hour after the first bite of each meal. Goal is less than 140 mg/dl.
- Send your weekly blood glucose log to your educator in MyChart or by fax

### CALL US

- Is your blood glucose consistently **higher than the targets** above? Call us.
- Do you **take insulin and your blood glucose is less than 70** twice in one week? Call us.
- Is your blood glucose **higher than 200**?
  1. Wash your hands and then re-check your blood glucose.
  2. If it is still higher than 200 then drink water and talk a walk.
  3. Re-check your blood glucose in 1 hour.
  4. Call us.
- Is your blood glucose **higher than 300**?
  1. Wash your hands and then re-check your blood glucose.
  2. If it is still higher than 300 go to Urgent Care or Emergency Room.

**DIABETES EDUCATORS**

**PHONE: 805-681-7820**

**FAX: 805-679-8308**

Source: Management of Diabetes in Pregnancy: Standards of Medical Care in Diabetes—2021, Diabetes Care 2021; 44 (Suppl): S200-S2101. [https://care.diabetesjournals.org/content/diacare/44/Supplement\\_1/S200.full.pdf](https://care.diabetesjournals.org/content/diacare/44/Supplement_1/S200.full.pdf)

## **HEALTHY EATING AND MORE**

### **Avoid sugar, sweets and sugar-containing foods**

This includes honey, jam, jelly, syrup, regular jello, candy, regular soft drinks, Kool-Aid, fruit drinks, fruit juices, lemonade, sweetened teas, doughnuts, cookies, pies, puddings, ice cream, sherbet, sorbets, yogurt with added fruit/sugar, and fruit canned in syrup.

### **Eat protein and/or fat at every meal**

Protein foods include eggs, meat, chicken, turkey, fish\*, cottage cheese, cheese, peanut or almond butter, tofu, tempeh, vegetarian “meats”, nuts (almonds, walnuts, pistachios, etc), seeds, and avocado.

### **Distribute carbohydrate foods throughout the day**

Eat smaller amounts of carbohydrates with protein/fat about every 3 – 4 hours. Read labels! Diet plan includes 15 grams of carbohydrates at breakfast and snacks and 30 grams of carbohydrates at lunch and dinner (see carbohydrate choices). When you begin testing your blood sugar, your blood sugar numbers after your meals will determine your specific carbohydrate recommendations. Have a small bedtime snack if your dinner is more than 2 hours before bedtime.

### **Limit carbohydrate choices at breakfast**

No fruit and limit milk to 4 oz until you are testing your blood sugar. Use whole grain hot cereal instead of cold cereal (ok to add nuts, no raisins).

***Sample: 1 slice whole grain toast with peanut butter, eggs or lean sausage***

### **Choose high fiber foods**

Beans (pinto, black, white, lentils, etc); whole grains such as brown rice, quinoa, barley; whole grain breads, tortillas, crackers or hot cereal; starchy vegetables such as sweet potatoes, winter squash or yams.

### **Fruit**

Each 15 grams of carbohydrate from fruit has a different portion size. Limit fruit portions to ½ cup of any fruit until you have a listing of the specific fruit portions. Avoid fruit in the morning.

### **Exercise!**

We recommend routine activity especially exercises familiar to you: walking, dancing, swimming, stationary or outside bicycle, hiking or other activity you enjoy.

## **Control Weight Gain**

Substitute vegetables for starchy foods. Enjoy unlimited amounts of celery, cabbage, cucumbers, lettuce, spinach, mushrooms, onions, radishes, green beans, zucchini, broccoli, cauliflower, and asparagus.

- If you need to slow your weight gain, limit calories.
- Choose lower fat protein foods: chicken and turkey without skin, lean red meat, fish\* (not fried), low-fat lunch meats; low-fat cheese and cottage cheese. Limit bacon, pork sausage and hotdogs.
- Cook with less added fat (oil or butter).
- Bake, broil, steam, boil, grill, barbeque or microwave foods instead of fry.
- Control portions of nuts, avocado, and mayonnaise.
- Decrease portions of animal fats. Try lower fat versions of sour cream, cream cheese, salad dressing and butter.
- Eat mindfully – slow down and enjoy each bite.

***Acceptable fish during pregnancy include Pacific salmon and halibut. Limit swordfish, shark, tuna.***

## Carbohydrate Portions

### Breads: 15 gm Carbohydrate

#### Check labels for specific information

1 slice bread, white or grain (1 oz)  
1 small roll (1 oz)  
¼ bagel  
½ English muffin  
½ Pita bread (6 inch across)  
½ hotdog bun (1 oz)  
1 waffle  
1 corn tortilla (6 inch)  
½ flour tortilla (12 inch)  
1/3 cup stuffing

### Grains: 15 gm Carbohydrate

1/3 cup cooked rice, white or brown  
½ cup cooked pasta  
½ cup cooked bulgur  
1/3 cup couscous  
1/3 cup quinoa  
1/3 cup cornmeal  
½ cup chowmein noodles  
¼ cup wheat germ  
3 Tbl flour

### Cereal: 15 gm Carbohydrate

#### Check labels for specific information

½ cup bran cereal  
½ cup cooked oatmeal  
½ cup cooked cream of wheat  
½ cup cooked grits  
¾ cup unsweetened dry cereal  
½ cup unsweetened shredded wheat  
1/3 cup raisin bran type  
¼ cup granola  
1/3 cup grapenuts

### Fruits: 15 gm Carbohydrate

1 small apple (4 oz or 2 inch across)  
½ cup applesauce  
4 dried apple rings  
2 small or 1 large apricot  
6 to 8 apricot halves, dried  
½ cup canned apricots in own juice  
½ banana (4 oz or 4 inch)  
¼ cup banana chips  
¾ cup blackberries or blueberries  
1 cup cantaloupe or watermelon cubes  
12 cherries  
2 Tbl dried cranberries, sweetened  
¼ cup dried cranberries unsweetened  
1 to 2 dates  
1 large or 2 medium figs  
½ cup fruit cocktail in natural juice  
½ cup medium grapefruit  
15 to 17 grapes  
1 slice honeydew melon  
1 kiwi  
½ cup mango  
1 small nectarine  
1 small orange  
1 cup papaya cubes  
1 small peach  
½ cup canned peaches in own juice  
½ large pear  
½ cup canned pears in natural juice  
¾ cup cut up pineapple  
½ cup canned pineapple in own juice  
1 small plum  
3 prunes  
2 Tbl raisins  
1 cup raspberries or strawberries  
1 tangerine

These Foods <b>RAISE</b> Your Blood Sugar (Carbohydrates)				These Foods <b>DO NOT RAISE</b> Your Blood Sugar		
Bread, Grains, and Starchy Vegetables	Fruit	Milk and Yogurt	Sweets – AVOID	Non-Starchy Vegetables	Meat and Protein	Fat
1 serving = 15 grams	1 serving = 15 grams	1 serving = 15 grams	1 serving = 15 grams	1 serving = 1 cup raw or ½ cup cooked 5+ servings/day	4-6 ounces per day	Use in moderation
½ cup dry beans/lentils (cooked) ½ cup green peas ½ cup grits or oatmeal (cooked) ½ cup pasta ½ cup mashed potato ⅓ cup brown rice or quinoa (cooked) 1 slice wheat bread ½ English muffin ¾ cup dry, unsweetened cereal 1 corn tortilla ½ flour tortilla ½ hot dog/burger bun ¼ large bagel 4" pancake or waffle ½ cup corn 3 cups popcorn 5-6 crackers 12-15 chips 10 french fries	1 small fruit: <ul style="list-style-type: none"> <li>○ Apple</li> <li>○ Pear</li> <li>○ Peach</li> <li>○ Orange</li> </ul> ½ medium banana 1 cup berries: <ul style="list-style-type: none"> <li>○ Strawberry</li> <li>○ Blueberry</li> <li>○ Raspberry</li> </ul> 1 cup melon: <ul style="list-style-type: none"> <li>○ Cantaloupe</li> <li>○ Honeydew</li> <li>○ Watermelon</li> </ul> 15 grapes or cherries ½ cup canned fruit in light syrup or juice ½ cup frozen fruit 2 Tbsp. raisins 3 prunes	8 ounce milk 8 ounce plain yogurt 8 ounce yogurt with artificial sweetener  <i>Review nutrition label for almond, soy and rice milk and yogurt</i>	----- <b>AVOID</b> ----- ½ cup ice cream ¼ cup sherbet ½ glazed doughnut 6 vanilla wafers 2 oreo cookies ½ cup pudding, sugar free 2 inch unfrosted brownie 3 graham cracker squares 3 peppermints 5 chocolate kisses 1 Tootsie roll pop 4 oz fruit juice	Asparagus Green Beans Beets Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Mushrooms Onions Peppers Radishes Squash Spinach Tomatoes Turnips	Fish Shellfish Chicken Turkey Beef Pork Lamb Tempeh Tofu Plain Greek Yogurt Cottage Cheese Eggs Nut butter (unsweetened) Nuts Seeds Edamame Cheese	UNSATURATED, MORE HEALTHY <ul style="list-style-type: none"> <li>- Avocado</li> <li>- Nut butter (unsweetened)</li> <li>- Nuts</li> <li>- Seeds</li> <li>- Olive oil</li> <li>- Canola oil</li> <li>- Mayonnaise</li> <li>- Vegetable oil</li> </ul> SATURATED, LESS HEALTHY <ul style="list-style-type: none"> <li>- Bacon</li> <li>- Butter</li> <li>- Margarine</li> <li>- Cream</li> <li>- Cream cheese</li> <li>- Gravy</li> <li>- Sausage</li> <li>- Shortening</li> <li>- Sour cream</li> </ul>

