

GESTATIONAL DIABETES

*Your guide to a
healthy pregnancy*

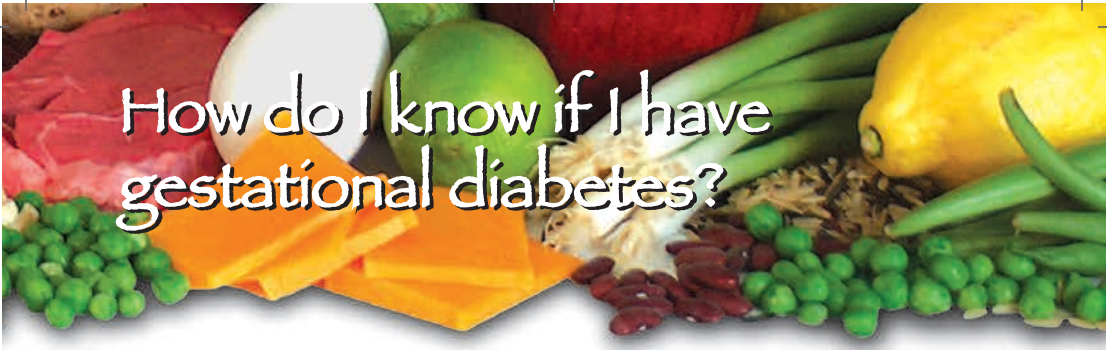




What is Gestational Diabetes?

- ◆ A type of diabetes that can happen when you are pregnant and goes away after pregnancy.
- ◆ Diabetes causes a build up of sugar in the blood.
- ◆ Too much sugar in a pregnant mother's blood will lead to too much sugar in the unborn baby.
- ◆ Gestational diabetes affects up to 18% of Aboriginal women.





How do I know if I have gestational diabetes?

- ◆ Your doctor or nurse will test you for gestational diabetes between 24-28 weeks of pregnancy.
- ◆ You may be tested earlier if you have a high risk.
 - **Some risks are:** having gestational diabetes with a previous pregnancy, previously given birth to a large baby (greater than 9 pounds), being an Aboriginal woman, being overweight or obese and being 35 years of age or older.
- ◆ If the test shows that your blood sugar is high you will be diagnosed with gestational diabetes.
- ◆ Early detection is important for the health of you and your baby.

If you do not keep your blood sugar under control there are health risks.

Risks for your baby

- ◆ Low blood sugar after delivery.
- ◆ Gaining too much weight.
- ◆ Delivering a large baby can make labour hard on the baby.
- ◆ Breathing problems.
- ◆ Long-term risk for obesity and type 2 diabetes.

Risks for you

- ◆ Having a difficult labour and delivery.
- ◆ Increased chance of having a cesarean section.
- ◆ Risk of getting type 2 diabetes later in life.
- ◆ If you can keep your blood sugar healthy, you and your baby will not be at risk.



There is something you

- ◆ When you have gestational diabetes, healthy eating and physical activity are very important.

What can I do?

- ◆ Eat healthy foods:
 - Eat a variety of foods from all four food groups every day.
 - ~ *Vegetables and Fruit*
 - ~ *Grain Products*
 - ~ *Milk and Alternatives*
 - ~ *Meat and Alternatives*
 - Make healthy choices most of the time.
 - Healthy choices include foods that are higher in fiber, lower in fat and lower in sugar.
- ◆ Distribute carbohydrate foods throughout the day (see chart of carbohydrate foods on page 6).
 - Carbohydrate foods turn into sugar in your body.





can do to stay healthy

- ◆ Choose healthy portion sizes of carbohydrate foods.
 - Even healthy carbohydrate foods will increase your blood sugar levels.
 - Choose to limit or eliminate less healthy carbohydrate foods.
- ◆ Eat smaller meals and small healthy snacks in between meals.
- ◆ Include some protein in each meal:
 - Foods high in protein are: cheese, meat, chicken, fish, eggs, peanut butter, nuts and milk.
 - Some of these foods are also high in fat so look for lower fat choices and eat them in moderation.
- ◆ Eat more vegetables (fresh, frozen or canned).
- ◆ Gain the recommended weight but do not lose weight.
- ◆ Avoid alcoholic beverages and smoking.
- ◆ Be sure to take your prenatal vitamins every day.
- ◆ Be physically active every day.
 - Talk to your doctor/nurse about what is right for you.





What foods contain carbohydrates?

	Healthy Choice	Healthy Portion	Less Healthy Choice
Starchy foods	<ul style="list-style-type: none"> • Whole grain or brown bread or buns • Baked/boiled potatoes (with the skin) or sweet potatoes • Baked (whole wheat or oatmeal) bannock • Whole wheat pasta • Brown or wild rice • Bran, oatmeal, whole grain or non-sweetened cereal • Beans • Corn or unbuttered popcorn 	<ul style="list-style-type: none"> • 1-2 slices bread; 1 bun • 1 potato or 1/2 - 1 cup mashed • 2"x2"x1" bannock • 1/2 -1 cup cooked pasta or rice • 30 grams cold cereal (see box) • 3/4 -1 cup hot cereal • 3/4 cup beans • 1/2 cup corn or 6 cups popcorn 	<ul style="list-style-type: none"> • White bread, buns or bannock • French fries • Chips • Fried bannock • White pasta • White rice • Sweetened cereal
Fruit	<ul style="list-style-type: none"> • Fresh fruit and berries • Frozen fruit and berries • Fruit canned in juice 	<ul style="list-style-type: none"> • 1 piece whole fruit • 1/2 cup berries, frozen or canned fruit • 1/2 cup 100% fruit juice 	<ul style="list-style-type: none"> • Fruit juice (even unsweetened 100% juice) • Fruit punch/drink, crystal drinks • Fruit canned in syrup
Milk Products (*note cheese does not contain carbohydrates)	<ul style="list-style-type: none"> • Low fat milk (2%, 1% or skim) • Skim milk powder • Yogurt 	<ul style="list-style-type: none"> • 1 cup milk • 3/4 cup yogurt 	<ul style="list-style-type: none"> • Higher fat milk • Ice cream • Coffee creamer
Sweet foods			<ul style="list-style-type: none"> • Sweet drinks (pop, iced tea, sport drinks) • Candy and chocolate • Pastries/donuts/cake/cookies • Sugar, syrup, honey, jam

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Breakfast	<ul style="list-style-type: none"> • 3/4 cup oatmeal or 30 grams cold cereal • 1 cup low fat milk (2%, 1% or skim) • 1 small fruit or 1/2 cup berries • 1 cup coffee or tea (if desired)
Snack	<ul style="list-style-type: none"> • 1 small fruit or 1/2 cup frozen or canned fruit
Lunch	<ul style="list-style-type: none"> • 1 sandwich on whole grain bread (tuna, salmon, egg, sliced meat, or cheese) • Lettuce and tomatoes • 1 cup vegetables • 1 cup low fat milk (2%, 1% or skim) • 1 small fruit
Snack	<ul style="list-style-type: none"> • 2 tablespoons dried fruit and nuts
Supper	<ul style="list-style-type: none"> • 1 baked potato or bannock or 1 cup rice • Lean meat/chicken or fish (size of a deck of cards) • 1 cup cooked vegetables • small salad (with low fat dressing) • 3/4 cup yogurt (no sugar added)
Snack	<ul style="list-style-type: none"> • Whole wheat crackers or 1 slice whole grain toast • 1 tbsp peanut butter

NOTES:

- Drink plenty of water throughout the day.
- Be careful what you add to your coffee, tea, muffin, sandwich, potato and bannock. Choose lower fat and sugar options, in moderation.
- You can skip the day time snacks if you do not feel hungry (but be sure to have a small snack before bed).



Other things you might need to do to stay healthy

- ◆ Test your blood sugar at home.
- ◆ If it becomes too hard to control your blood sugar with healthy lifestyle changes, you may need to take insulin or medication to keep your blood sugar in a healthy range (*this is safe for you and your baby*).
- ◆ You will not have to take insulin or medication after your baby is born.

Who can help me?

- ◆ Your Canada Prenatal Nutrition Program (CPNP) Worker or Maternal Child Health (MCH) Nurse.
- ◆ If a dietitian, nurse or doctor is available, you should see them for more information.



CPNP

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