

Gestational Diabetes



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A CDAPP Sweet Success Affiliate Program

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Introduction

What Is Gestational Diabetes?

Normal hormone changes of pregnancy make some pregnant women have higher blood sugar levels, especially in the third trimester. This condition is called “Gestational Diabetes.”

Blood sugar level that stay high can be dangerous for the baby. The good news is that, **if the blood sugars are well controlled then Gestational Diabetes should not affect the baby at all.**

This booklet was written to help you control your blood sugar levels so that you can have a healthy baby!

Why Do I Have Gestational Diabetes?



You are more likely to get gestational diabetes if you...

- ✓ have diabetes in your family
- ✓ are overweight
- ✓ have polycystic ovaries
- ✓ have had gestational diabetes before
- ✓ have had glucose in your urine
- ✓ have had a baby weighing more than 9 pounds
- ✓ had miscarriages in the past or a stillbirth
- ✓ had a baby born with birth defects
- ✓ are from a high risk ethnic group, such as Asian, Pacific Islander, African American, American Indian, East Indian, or Hispanic



Why don't I feel different?

Most women are surprised when they learn that they have gestational diabetes because they feel fine. Only a few women notice symptoms of high blood sugar such as increased thirst, increased urination, increased hunger, or blurred vision.



What Can Happen To My Baby?

Most babies will be normal. But if blood sugars stay too high, the following problems could occur:



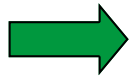
- a high birth weight – the baby gains too much fat
- difficult delivery – larger babies are harder to deliver
- baby might need to stay at the hospital for breathing problems, low blood sugar, or jaundice
- if blood sugars are very high or completely uncontrolled, there is a greater risk of stillbirth

If the mom already had permanent diabetes with very high blood sugars in the first trimester then there is also a higher risk of miscarriage or birth defects.

Remember: when a mother keeps her blood sugars close to normal levels, it helps protect her baby from these problems. This is why we are here to help you!

How Can I Protect My Baby?

1. Eat 5 or 6 small, healthy meals, timed about **2-3 hours** apart.
2. **Exercise**, especially after meals. See page 3.
3. If diet and exercise alone cannot control your blood sugars, your doctor or midwife will recommend certain diabetes medications, or insulin, which are safe for pregnancy.



Exercise and good diet habits make the diabetes medications and insulin work much better!

Most women's blood sugars go back to normal after the baby is born.



Women who had gestational diabetes have a higher risk of getting permanent diabetes (type 2) later in life. The best way to reduce this risk is to eat a healthy diet and get plenty of exercise after the baby is born.

After your baby is born, get your blood sugar checked at least once each year.

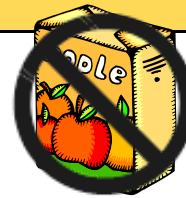
Exercise is the Best Medicine!

- Exercise lowers your blood sugar and helps your natural insulin work better.
- Check with your midwife or doctor about which exercises are safe for you. Walking is usually safe. Start slowly if you weren't exercising before.
- The best time to exercise is **after you eat**, and before you check your blood sugar. Plan to walk for 15-20 minutes after meals.
- Ask your friends and family to help you make time to exercise, or to go with you.



Things to Avoid

1. You should **avoid drinking fruit juices** (unless your blood sugar is already *too low*).
 - Fresh fruits work better than fruit juice.
 - Squeeze a fresh lemon into your water for variety.
 - Use a water infuser pitcher with lemon, mint, cucumber, or slices of strawberry.
2. For the rest of your pregnancy, avoid foods high in sugar:



- | | | |
|-------------------|-----------------------|----------------|
| Candy | Chocolate milk | Ice cream |
| Cakes and cookies | Hot chocolate | Frozen yogurt |
| Dry cereals | Soda (except "diet") | Pies |
| Pastries | Fruit flavored drinks | Pudding |
| Syrups or honey | Regular jams, jellies | Regular Jell-O |



3. If you decide to eat small amounts of these, you **must** count carbohydrate grams and trade them for other carbohydrates. See the next page for how to do this. For help, see a registered dietitian.
4. If used in moderation: 1 cup diet soda, sugar-free Jello gelatin, Crystal Light™, Sugar-Free Kool-Aid™, or Stevia instead of sugar may be used, 3 or less each day.

What is a Carbohydrate?

Foods high in **carbohydrates affect blood sugars** more than other foods. However, **you still need healthy carbohydrates for your baby!**

Starch and sugar in foods are carbohydrates:

- Starch is in breads, tortillas, pasta, rice, cereals, potatoes, beans, corn, peas, and lentils.
- Natural sugars are in fruits, milk, and some vegetables
- Added sugars are in desserts, jello, candy, soda, other sweetened drinks, jams, and syrups.



How Much Carbohydrate Do I Need?

Your baby needs carbohydrates for healthy growth!

You need 180 g



We recommend about **12 *small*** portions of carbohydrate foods. Each portion of “carbs” contains about 15 g carbohydrate, for a total of about 180 g of carbohydrate (“carbs”) each day










What counts as a portion of “carbs?” **See the list on next page.**

How to Spread Out Carbohydrates “Carbs” — Part 1

1. The ideal spacing is to eat your meals and snacks that contain carbohydrates **2-3 HOURS** apart. This allows your blood sugar levels to normalize between each meal. Eating again too soon could result in higher blood sugars.
2. **DON'T GO MORE THAN 4 HOURS** without eating a portion of carbohydrates. If your blood sugar gets low between meals it might rebound too high from the meals. Never skip a meal.
3. **ALWAYS CARRY HEALTHY SNACKS** such as fruit, nuts, wheat crackers, or a high protein granola bar when you leave home in case of delays or emergencies.
4. Carbohydrate amounts should be *the same* from one day to the next: **ESPECIALLY IF YOU ARE USING MEDICATION OR INSULIN.**

Carbohydrate Portions

<p>Starch, breads, grains, and starchy vegetables</p> 	<p><i>Each serving has about 15 grams of Total Carbohydrate</i></p> <p>Corn tortillas are better than flour.</p> <p>Beans and lentils are the best in this group.</p> 	<p>½ cup beans, lentils, or split peas; 1 slice bread (100% whole wheat is best); 1 small 6” tortilla or tostada; 3 cups popcorn; ½ cup cooked oatmeal; or ¼ cup uncooked oats;  ⅓ cup cooked rice (don’t use instant rice) ⅓ cup pasta (don’t use instant noodles) ⅓ cup polenta, quinoa ⅔ cup green peas or hominy 1 cup winter squash; ½ medium corn on the cob; ½ cup corn, potatoes* or yams; ½ English muffin, ½ hamburger bun or ½ hot dog bun; 6 saltine crackers; 5 Ritz™ crackers; 10 small Wheat Thins™ crackers; 5 Triscuit™ crackers; 1½ graham crackers ¼ regular bagel; ¼ small tamale</p>
<p>Milk group*</p>  <p><i>*Cheese is listed in the Protein group on page 9, because cheese is very low in carbohydrate.</i></p>	<p><i>Each serving has about 15 grams of Total Carbohydrate</i></p>	<p>1 cup of milk** 1 cup plain yogurt 1 cup artificially sweetened “Light ”yogurt</p> <p><i>**Enriched almond milk or coconut milk are good options. Unsweetened almond milk with less than 5 g of total carbohydrate can be used as a “free food”. Read the labels to learn how much carbohydrate each type has.</i></p>
<p>Fruits</p> 	<p><i>Each serving has about 15 grams of Total Carbohydrate</i></p> 	<p>1 small apple or orange (size of a tennis ball) 1 medium peach, 1 nectarine, 2 mandarines ½ banana, ½ grapefruit, ½ pear 1 cup melon, papaya, or berries; ½ cup mango, 2 Tbs raisins, 3 prunes, 10 medium cherries; 17 small grapes</p> 

How to Spread Out Carbohydrates “Carbs”—Part 2

Breakfast:

An early breakfast is good for pregnant women. Pregnancy hormones can make blood sugar higher after the first food of the day. Some women eat half of their normal breakfast after they wake up, and the other half 2 hours later.



- **Breakfast** should only have **1** carbohydrate portion, or about **15 g** of carbohydrate. This could be **1** slice of bread or **1** corn tortilla.
- It should also include **protein** food, such as eggs or cheese.

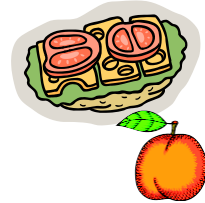
Avoid breakfast cereals.

Breakfast cereals usually cause higher blood sugars, especially in the morning.



Morning and Afternoon Snacks :

- Snacks should have **1 or 2** carbohydrate portions, or **15-25g** of carbohydrate in each snack.
- **Snacks** must be **lower in** “carbs” than lunch and dinner — because you won’t check your blood sugar after the snacks.



Lunches and Dinners:

Each main meal should have **3** carbohydrate portions, or about **45 g** of carbohydrate in each lunch and dinner.

You may need to eat smaller portions of your favorite lunch and dinner foods — but make sure that lunch and dinner are **higher** in “carbs” than the snacks.



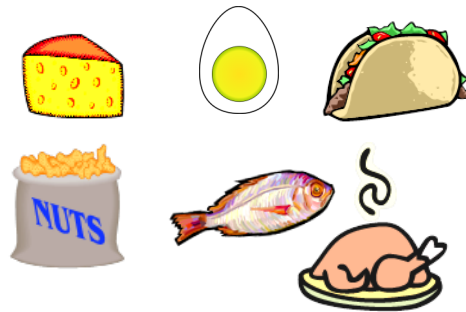
Bedtime Snacks for Gestational Diabetes

When you have gestational diabetes, a bedtime snack that is high in protein can improve your fasting blood sugar levels.

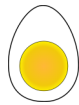
Too many hours without food can make your blood sugar higher the next morning. Try to have between **8 - 10 hours overnight** without food.

Always include **protein**, but **not** fruit and **not** cereal at bedtime (if you have gestational diabetes.)

Foods rich in **protein** include eggs, cheese, beans, peanuts, almonds, Greek yogurt, meats, and fish.



If your fasting blood sugar is high then you can try eating **protein alone** at bedtime.



Menu Ideas for the bedtime snacks:


With 1 portion of protein and 1 portion of healthy carbs




1 slice whole wheat toast 1-2 Tbs. natural peanut butter	Greek yogurt — flavored is OK	<i>Cheese Quesadilla:</i> 1 corn tortilla with melted cheese
Green salad with shredded cheese, sliced boiled egg or chicken, nuts, garbanzo beans , and 1/4 cup croutons. lemon or salad dressing.	1 hard boiled egg 1 whole wheat toast 1 tsp. butter or margarine	Protein bar with at least 6 g of protein and no more than 15 g carbohydrate.
1 or 2 oz mozzarella cheese melted onto 1 slice of whole wheat bread	1/4 –1/3 cup of peanuts, cashews, almonds, pistachios, pumpkin seeds , or mixed nuts.	Celery with 1-2 Tbs. of peanut butter 3-5 whole wheat crackers such as Triscuits™

Carbohydrate Counting Example

Here is an example of a meal with 45 grams of carbohydrate. You could choose any three carbohydrate portions (3 portions x 15 grams = 45 grams).


Lunch #1:  **Carbohydrates:**




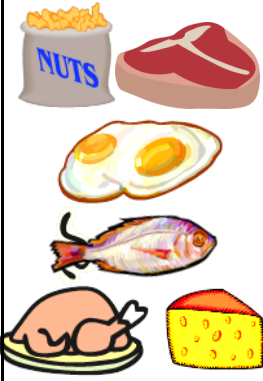




3 meat tacos	3 taco shells Meat, cheese, salsa, cilantro	3 portions = 45 g (count as zero)
Green Salad	lettuce, tomatoes, avocado	(count as zero)
<u>Total:</u>		3 portions = 45 g

Lunch #2:  **Carbohydrates:**

1 bean taco	1 taco shell	1 portion = 15 g
	½ cup beans	1 portion = 15 g
	cheese, avocado, lettuce, salsa	(count as zero)
fruit	1 medium peach	1 portion = 15 g
<u>Total:</u>		3 portion = 45 g

Foods that are very LOW in Carbohydrate:

You usually don't have to worry about the timing or the amounts of these foods! 

<p><u>Vegetables - Non-starchy</u></p> 	<p>Enjoy a green salad anytime , but use salad dressings that are not sweet.</p> 	<p>Try to eat 3⁺ cups of veggies every day: Broccoli, cabbage, cactus, cauliflower, celery, cucumbers, eggplant, beets, okra, chili peppers, bell peppers, lettuce, green beans, radishes, mushrooms, onions, spinach, tomatoes, turnips, zucchini and summer squash.</p>  <p>For carrots and jicama 1/2 cup at a time.</p>
<p><u>Protein</u></p>  <p>6-10 oz a day</p>	<p>Protein foods help prevent low blood sugar.</p> <p>Include a good protein source, with each meal and snack.</p> 	<p>1 ounce of lean fish, poultry, or other meat. 1 whole egg. Eggs yolks are GOOD for pregnant women! 1/4 cup tuna or other seafood; 1/4 cup peanuts or almonds; 1 Tbsp. peanut butter 1 oz. cheese; 3 ounces tofu; 1/4 cup cottage cheese; 1/2 cup plain Greek yogurt;</p>  <p>1/2 cup beans or lentils count as 1 oz. of protein plus a serving of whole grain.</p>
<p><u>Fats/oils</u></p>  <p>Foods containing “hydrogenated”, “partially hydrogenated” or “inter-esterified” oils are not recommended</p>	<p>At least 3 or more servings each day depending on calorie needs</p> <p>Each serving has about 10 grams of fat.</p> <p>*Avoid vegetable shortening and deep fried fast foods.</p> 	<p><u>Most nutritious choices:</u></p> <p>These healthy fats are very nutritious. They are excellent if you need to gain more weight.</p>  <p>1/4 avocado; 20 peanuts; 8 walnuts; 12 almonds, pecans, cashews 2 Tbs sunflower seeds or pumpkin seeds 1 Tbsp. peanut butter or almond butter 2 tsp. olive oil or canola oil</p> <p><u>Less healthy choices:</u></p> <p>2 tsp. mayonnaise, butter, or margarine, 2 tsp. vegetable oil or corn oil ; 2 Tbs. salad dressing (not sweet) 1/4 cup sour cream</p>

Nutrition Labels

Use “Nutrition Facts” on the Food Labels to Count Carbohydrates:


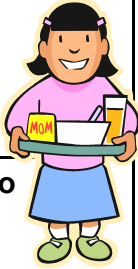









- Read the **grams** of “**Total Carbohydrate.**” In this example, the label says **14g**. (Don’t use the % number.)
- Read the serving size and number of servings per container. This example says that there are **4 servings in the bag**.
- If you ate a **1 ounce** serving of this snack food, you would count it as **one carbohydrate portion**, because **one ounce** has **14g** of carbohydrate. The problem is that the little bag actually weighs four ounces, and contains **four** “servings”.
- Most people would eat the whole bag, because a whole bag seems like a normal amount to eat. But then you would have eaten **4 x 14**, or **56 g** of carbohydrate, and you should count it as **four** carbohydrate portions!
- This means you’d have to be careful to eat only **half of the bag**, because snacks should only have 15-30 g carbohydrate.

Nutrition Facts	
Serving Size 1 ounce Servings in bag 4	
Amount Per Serving	
Calories 155	Calories from Fat 93
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 9%
Calcium 1%	• 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.

Sample Meal Plan for Gestational Diabetes: 2000 Calories

Time: Eat every 2-3 hours	How much Carbohy- drate?	Portions to use: Carbohydrates in bold print.	Sample Menu: Day 1	Sample Menu: Day 2
7:00 – 8:00 AM 	1 Carb. portion or 15 g	Breakfast 1 starch/bread 1 protein food 0-1 vegetable 1 fats/oils	¼ whole wheat bagel 1 eggs scrambled with onions and bell pepper 1 tsp. oil or butter	<i>Cheese Quesadilla:</i> 1 corn tortilla 1 oz. cheese 1 tsp. oil 
10:00 AM	1 Carb. portion or 15 g	Morning Snack 1 fruit  1 protein	1 cup of cantaloupe ½ cup of Greek yogurt or cottage cheese	½ cup of mango ¼ cup peanuts or almonds
12:00— 1:00 PM 	3 Carb. portions or 45 g	Lunch 2 starch/breads 3 protein 2+ vegetables 1 fats/oils 1 milk 	Sandwich: 2 slices whole wheat bread 3 oz. Ham (heated) lettuce, sliced tomato 2 tsp mayonnaise 8 oz. low-fat milk	Chicken Soup: broth with 2 chicken legs, 1 small potato , carrots, cabbage, onion zucchini, chayote 1 corn tortilla  Oil for cooking 8 oz. low-fat milk
3:00 -4:00 PM	2 Carb. portions or 30 g	Afternoon Snack 1 fruit 1 milk 1 protein	1 cup of strawberries 6-8 oz of plain yogurt 20 almonds 	1 peach 1 mozzarella string cheese 5 Triscuits™ 
6:00- 7:00 PM 	3 Carb. Portions or 45 g	Dinner 3 starch/breads 3 protein 2+ vegetables 2 fats/oils	1 cup of lasagna made with lean beef, spinach, spaghetti sauce, and cheese 1 cup cooked broccoli, green salad w. 4 slices of avocado, dressing	½ cup cooked beans 2 enchiladas made with chicken and cheese 2 cups green salad 1 Tbsp salad dressing, 2 tsp oil for cooking
Bedtime or 9:00 - 10:00 PM	1 Carb. portion or 15 g	Bedtime Snack 1 starch/bread 1 protein 1 fats/oils	10 small Wheat Thins 2 Tbsp peanut butter	1 corn tortilla or 1 bread 1 oz. cheese or 1 oz. Turkey or ham (heated if pre-sliced) 1 tsp oil or mayonnaise

This meal plan contains approximately 2000 calories:

~180 g carb; ~40% of calories from carbohydrate
~ 80 g fat; ~38% of calories from fat
~100 g protein; ~22% of calories from protein

Menu Ideas



Breakfast — the earlier the better

Include protein, and 15 g carbohydrate

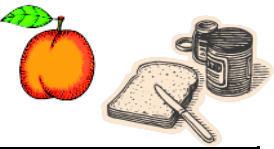
NO Cereal with milk in the morning!

1 slice 100% whole wheat bread with 1-2 Tbs. old fashioned all natural peanut (or other nut) butter	2 ounces cheese melted on 1 slice 100% whole wheat bread topped with a tomato slice
<i>Quesadilla:</i> made with 1 corn tortilla with 2 ounces melted cheese chopped peppers and onions (optional) 1 Tbsp. guacamole or salsa (optional)	Strawberry smoothie: 2 crushed ice cubes, 1 cup plain yogurt, 1 cup frozen or fresh strawberries. Optional: add 2 tablespoons of whey protein .
High protein snack bar with at least 6 grams of protein, at least 3 grams of fiber, and about 15-20 grams of total carbohydrate.	1/3 cup cooked rice [avoid instant rice] 2 ounces your choice of fish, chicken, beef with sautéed or stir fried vegetables
Greek yogurt or cottage cheese with 1 medium peach	1/2 cup tuna with mayonnaise, celery, pickles, etc 1/2 pita bread
1/4 cup shredded meat or chicken leg 1 tortilla & salsa	1 container of cottage cheese and fruit containing 15-20 g total carbohydrate
1 or 2 cooked eggs, or a 2 egg omelet 1 slice 100% whole wheat toast	<i>If you need something light: 1 small container of light yogurt</i>
<i>If you need something light: 1 serving of fruit (see list on page 7)</i>	<i>If you need something light: 1/2 cup cooked old-fashioned oatmeal cooked in water</i>

Morning and Afternoon Snacks



15-25 g carbohydrate






1 cup of cantaloupe cubes 1/2 cup plain Greek yogurt or cottage cheese	1/2 cup of mango 1/4 cup peanuts or almonds 8 oz. low-fat milk	1 small apple or orange or 17 small grapes. 1 corn tortilla with cheese
2 tacos with chicken, cheese, lettuce. Tomato, salsa and chile. (If you want beans, then eat only one taco)	1/2 cup of regular oatmeal with 1 cup of milk	2 small plums 1-2 Tbs. of peanut butter with celery 8 ounces milk
Mixed berry smoothie made with 2 crushed iced cubes 1 cup plain yogurt, 1 cup frozen or fresh berries	1 mozzarella string cheese 1 cup of chopped strawberries. 6-8 ounce plain yogurt	High protein snack bar with at least 6 g protein, at least 3 g fiber, and 15-25 g total carbohydrate.

Lunches and/or Dinners

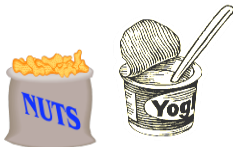


Usually **30-45 g** carbohydrate



<p><i>Burrito :</i> 1 eight-inch diameter flour tortilla 2-3 ounces Cooked Chicken ½ cup Pinto Beans Lettuce, tomatoes, onions 2 Tbs. Guacamole Water with lemon</p> 	<p><i>Carne Asada</i> with 1 corn tortilla 1/3 cup Spanish Rice ½ cup Pinto Beans Salsa, Guacamole Water with lemon</p>	<p><i>Stir Fry:</i> 2/3 cup cooked rice 2-3 ounces cooked chicken 1-2 cups, cauliflower, green beans, carrots, broccoli, onions, (garlic and ginger optional) stir-fried 2 tsp canola oil for cooking</p>
<p>1.5 cups of lentil stew containing lentils, chopped carrots, tomato, onion, celery, one clove of garlic, salt and pepper to taste.</p> 	<p>1 large corn on the cob; 1 pork chop garnished with sautéed onion, garlic, and tomato; Large green salad with avocado and dressing</p>	<p>2 egg Omelet or 2 eggs scrambled with melted cheese, 1 cup green beans, onion, mushroom, bell pepper, 2 corn tortillas (or 2 toast) 1 tsp. oil or margarine</p>
<p>4 oz grilled salmon fillet 6 ounce Baked Potato (medium) 2 tsp. butter or margarine 1cup mixed vegetables 1 cup steamed broccoli</p> 	<p>2 Chicken Enchiladas ½ cup Pinto Beans Green Salad Oil and vinegar Water with lemon</p>	<p><i>Pasta Salad:</i> 1 cup cooked pasta with ½ cup cubed chicken breast, 1/2 cup Chopped bell pepper, celery, tomato, pasteurized feta cheese, Italian dressing--Regular</p>

Include a side salad with your meals at least once a day: Dark green leafy lettuce or spinach leaves, tomatoes, carrots, broccoli, snow peas, and cauliflower.



Bedtime Snacks (also see page 7)

Always Include Protein, but not fruit at bedtime



<p>1 slice whole wheat bread 1-2 Tbs. old fashioned all natural peanut butter</p>	<p>1 ounce of string cheese 5 whole wheat crackers</p>	<p><i>Chicken & Cheese Quesadilla:</i> 1 corn tortilla with ½ ounce cheese, 2 Tbs. diced chicken and Fresh salsa</p>
<p>Green salad with shredded cheese, sliced boiled egg or chicken, nuts, garbanzo beans, and 1/4 cup croutons. lemon or salad dressing.</p>	<p>1 hard boiled egg 1 whole wheat toast 1 tsp. butter or margarine</p>	<p><i>½ Sandwich:</i> 1 slice 100% whole wheat bread 1 ounce of lean meat such as turkey, ham, beef (heated) lettuce, tomato, onion, mustard</p>
<p>1 oz mozzarella cheese melted onto 1 slice of whole wheat bread</p>	<p>1/4 cup of peanuts, cashews, almonds, pistachios, pumpkin seeds, or mixed nuts.</p>	<p>Celery with 1-2 Tbs. of peanut butter 5 whole wheat crackers such as Triscuits™</p>

Stress Management

Illness and emotional stress can make your blood sugars go up even when you are following your diet. **Relaxing your body can reverse this effect.**

Exercise is one of the best ways to relieve stress, as long as your midwife says it is safe to do so. See the *EXERCISE* section on page 2.

If you feel overwhelmed or have family stress, use breathing, meditation, or any other relaxation techniques that you've learned.

- **Breathe deeply:**

Sit comfortable and put your hand on your belly. When you breath, let your belly rise instead of y our shoulders.



- **Relax your muscles:**

Tighten the muscles in your feet by flexing them, and then let them slowly relax. Now do this with your lower legs, and on up with each part of your body.

- **Imagine a quiet, restful place:**

Picture it in your mind. Rest a hand on your belly and picture your uterus being a safe, comfortable place for your baby to rest and grow.



Testing your Blood Sugar at Home

Your Doctor or Midwife has asked you to check your blood sugar at home **4 times every day** until your baby is born.


The ideal level for your **fasting** blood sugar is:
70 - 89

1. Check your **fasting** blood sugar right after you wake up and wash hands in the morning (after an 8-10 hour fast).
- **You can eat breakfast immediately after you check your fasting blood sugar.**

Always wash your hands first, so that your fingers won't have any traces of sugar on them. (*Hand sanitizer won't remove traces of sugar)

Check your blood sugars again:

2. **One hour after** you **start** eating or drinking the first food or beverage (not counting water or calorie-free drinks). This counts as **Breakfast**.
3. **One hour** after your first bite of **Lunch**.
4. **One hour** after your first bite of **Dinner/Supper**.

When you start eating, set a timer or an alarm  for 60 minutes to remind you to check your blood sugar on time one hour after meals!

The ideal level for you blood sugar **one hour after** meals is:
90 - 129



People who are not pregnant are allowed to have higher blood sugars than you are -- because they are **not** pregnant!



Hypoglycemia

If you take insulin or other medication to control your blood sugar, your blood sugars may get too low. This is called hypoglycemia.

Watch out for these low blood sugar signs:

- * Hunger/ weakness
- * Feeling faint/ dizzy
- * Crankiness
- * Eye problems
- * Confusion



- * Excessive sweating
- * Headache
- * Heart Pounding
- * Numbness, tingling around mouth
- * Trembling/shakiness
- * Sleepiness

Causes of low blood sugar:

- * Too much insulin or Glyburide
- * More exercise than usual
- * Illness with vomiting

- * Skipped meal/snack
- * Late meal/snack
- * Not enough food



What to Do:

Check your blood sugar levels.

Less than 70:

* It can be normal and safe to have blood sugar levels as low as 60 if you are not taking diabetes medication or insulin.

1. Drink something with about 15 g of carbohydrates:
 - * 1/2 cup juice
 - * 1/2 cup soda,
 - * 1 cup milk.
 - * eat 1 heaping tsp of honey
 - * or chew 3 glucose tablets and drink 1 cup of water.
2. Recheck blood sugar after 15 minutes. If still less than 70, have another 15 g of carbohydrates.
3. Follow with your next scheduled meal/snack.

70 to 90:

1. Eat a fruit or your next snack.
2. Recheck your blood sugar after 15 minutes

Above 90:

1. Drink water and rest.
2. Recheck your blood sugar after 15 minutes.

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If you have gestational diabetes
you are not alone.

We understand that the
recommendations in this booklet
are not easy!

We don't expect anyone
to be perfect.

Do what you can, and remember
that we are here to help you!



This booklet is dedicated to the
hundreds of amazing pregnant women
we have been privileged to work with,
who inspired us by demonstrating
powerful love for their unborn babies,
with their heroic willingness to
team up with us and do whatever it
took to protect their babies.



This booklet on Gestational Diabetes is designed for educational purposes only,
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Contact the author at andrear@communicarehc.org

CommuniCare Health Centers is a Federally Qualified Health Center,
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