Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:	Diabetes in Pregnancy:		(Affix identification label here)									
Diabetes in Pregnancy:	Diabetes in Pregnancy: Dietitian Facility:		URN:									
Pack	Dietitian	- The second sec	Family name:									
Facility:	Pacility:		Given name(s):									
Date:	Date:	Dietitian	Address:									
Date:	Date:	Facility: Date of birth: Sex: M F I										
Atthropometry Current weight: kg	Arthropometry Current weight:		<u> </u>									
Current weight:	Current weight:											
Current weight: kg	Current weight:											
Sestational weight gain:	Gestational weight gain:	Anthropometry										
BMI Pre-pregnancy:	BMI Pre-pregnancy:											
Target weight gain:	Target weight gain:	Gestational weight gain: kg	Below target									
Date	Self BGL monitoring: Date	BMI Pre-pregnancy: BMI <18.5	BMI 18.5 – 24.9 ☐ BMI 25 – 29.9 ☐ BMI >30									
Date	Date Pre Breakfast Post Breakfast Post Lunch 1hr 2hr	Target weight gain:] 11.5 − 16kg									
Date (Fasting)	Date (Fasting) _ 1hr _ 2hr _											
N/A	Average Diabetes medications: Nil	1 1 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	Hypodlycaemia									
Average Diabetes medications: Nil	Average Diabetes medications: Nil	J, L										
Average Diabetes medications: Nil	Average Diabetes medications: Nil		□ Voc fraguency									
Diabetes medications: Nil Metformin Insulin (intermediate or long acting): Mane: Nocte: Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: Check < 4mmol	Diabetes medications:		☐ Yes, frequency									
Diabetes medications: Nil Metformin Insulin (intermediate or long acting): Mane: Nocte: Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: Check < 4mmol	Diabetes medications:											
Diabetes medications:	Diabetes medications:											
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Diabetes medications:	Diabetes medications:											
Diabetes medications:	Diabetes medications:											
Diabetes medications:	Diabetes medications:	Average										
☐ Insulin (intermediate or long acting): Mane: Nocte: ☐ Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: ☐ Check < 4mmol ☐ High GI Food Re-check > 4mmol ☐ Low GI Food Clinical (including other medications, biochemistry) ☐ SGA ☐ Within normal limits ☐ LGA EFW: % AC: % /40 ☐ Nausea ☐ Vomiting ☐ Poor appetite ☐ Constipation ☐ Heartburn Supplements: ☐ Folate ☐ Pregnancy Multivitamin ☐ Iodine ☐ Vitamin D ☐ Iron ☐ Other:	☐ Insulin (intermediate or long acting): Mane: Nocte: ☐ Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: Check < 4mmol ☐ High GI Food Re-check > 4mmol ☐ Low GI Food Clinical (including other medications, biochemistry) ☐ SGA ☐ Within normal limits ☐ LGA EFW: % AC: % /40 ☐ Nausea ☐ Vomiting ☐ Poor appetite ☐ Constipation ☐ Heartburn ☐ Heartburn Supplements: ☐ Folate ☐ Pregnancy Multivitamin ☐ Iodine ☐ Vitamin D ☐ Iron ☐ Other:											
☐ Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: ☐ Check < 4mmol	☐ Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: ☐ Check < 4mmol	□ Nil □ N	Metformin									
☐ Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: ☐ Check < 4mmol	☐ Insulin (rapid acting): Breakfast: Lunch: Dinner: Hypoglycaemia management: ☐ Check < 4mmol	☐ Insulin (intermediate or long acting):	Mane: Nocte:									
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Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:	Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:	Clinical (including other medications, biochemistry)										
Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:	Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:	SGA Within normal limits LIGA EFW: % AC: %										
Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:	Supplements: Folate Pregnancy Multivitamin I lodine Vitamin D Iron Other:											
Medical history: ☐ Previous GDM ☐ Coeliac Disease ☐ Other: ☐ Coeliac Disease	Medical history: Previous GDM Coeliac Disease Other: Other medications: Social: Physical activity:	Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:										
	Other medications: Social: Physical activity:											
Other medications:	Social: Physical activity:											
Social:	Physical activity:											
Physical activity:												
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				(Affix identification label here)							
Queensland Government		URN:									
The state of the s			Family name:								
Diabetes in Pregnancy:		Given name(s)	:								
Diet	titian		Address:								
Facility:			Date of birth:		S	ex:	M	I	F		
Diet history:			L .						Carbol	hydrate	
Breakfast:								Π			
Morning tea:											
Lunch:											
Afternoon tea:											
Dinner:											
Supper:											
Discretionary:			☐ Water		ner:						
_			_								
Takeaways/eating out:											
Glycaemic Index: Grains (cereal): N	Meat and alterna		Vegetable:	Fruit:		T Da	irv:				
Grains (cerear).	neat and alterna	alives.	vegetable.	Fruit.		Da	iry:				
Nutrition diagnosis:											
	essive	□ Inac	dequate	□ Inco	nsistent	Inanr	ropri	ate	type c	of	
	gy intake		bohydrate intake								
Related to:											
As evidenced by:											
Resources provided:		Educat	ion provided:								
Australian Guide to Healthy I	Eating in		hydrate Foods		Healthy Eatin	g in Pr	regnar	тсу			
Pregnancy and Breastfeeding Serve Sizes Healthy Eating During Pregnancy					High Energy I	-	rotein	Die	t		
Healthy Eating During Pregnancy Healthy Eating for GDM Healthy Weight Gair			` '	ancv	☐ Hypoglycaem☐ Postnatal GD		nmme	end:	ations		
Postnatal Healthy Lifestyle Programs Physical Activity			arioy	Plate Portioni		,01111110	nuc	1110113			
Other:		Food	•		Other:	-					
Client's goals/actions											
Review:					[Ni	l revi	ew	requir	ed	
Name:	(Signature	:	Designation	on: Dietitian Con	tact:					