What is Gestational Diabetes?

- Gestational diabetes is a type of diabetes caused by pregnancy hormones and means your body cannot use glucose (sugar) properly.
- Glucose comes from carbohydrate foods and goes into your blood after you eat.
- Too much glucose in your blood can make you and your baby sick and may cause difficult birth.

Measuring your blood glucose levels

- Take care of yourself and baby by making healthy food choices, keeping active, not putting on too much weight and measuring your blood glucose levels.
- Finger-prick tests measure blood glucose.
- Keep test results in your finger-prick diary and bring it to your appointments.

How can the dietitian help?

- The dietitian will provide advice on food choices to help keep your blood glucose at safe levels.
- You will need to keep a food diary and bring this to your dietitian appointment. You will also need to bring your finger prick diary.
- The dietitian will see which foods are affecting your blood glucose levels.

Healthy blood glucose levels mean:

- Strong and healthy Mum and Baby for childbirth.
- Better recovery for Mum after childbirth.
- Less chance that Baby will have to go to special care nursery. This means Baby can stay together with Mum for bonding and breastfeeding.
- Less chance for Mum and Baby getting diabetes later in life.

When to test my blood and number of carbohydrate serves I need to keep healthy

Test Blood Glucose Level BEFORE breakfast

BREAKFAST: My carbohydrates = ___serves. Test blood levels 2 hours after breakfast

SNACK: My carbohydrates = ___serves

LUNCH: My carbohydrates = ___serves. Test blood levels 2 hours after lunch

SNACK: My carbohydrates = ___serves

DINNER: My carbohydrates = ___serves. Test blood levels 2 hours after dinner

SNACK: My carbohydrates = ___serves
Examples of HEALTHY carbohydrate foods. How much is 1 serve?

- Rice: $\frac{1}{3}$ cup cooked
- Cereal: $\frac{1}{3}$ cup
- Porridge (water): $\frac{1}{3}$ cup cooked
- Crackers: 3
- Pasta: $\frac{1}{2}$ cup cooked
- Wholegrain bread: 1 slice
- Sapasui: $\frac{1}{2}$ cup
- Yam: $\frac{1}{3}$ cup
- Taro: $\frac{1}{3}$ cup
- Kumara: $\frac{1}{3}$ cup
- Potato: $\frac{1}{2}$ medium
- Cassava: $\frac{1}{4}$ cup
- Juice: $\frac{1}{2}$ cup
- Fruit: 1 medium
- Fruit salad: 1 cup
- Green banana: 1 small
- Yoghurt: $\frac{1}{2}$ 200g tub
- Low fat milk: 1 cup

Examples of UNHEALTHY carbohydrate foods. How much is 1 serve?

- Chocolate: $\frac{1}{2}$ small bar
- Fried dough: $\frac{1}{2}$ ball
- Fries: $\frac{1}{2}$ small serve
- Plain biscuits: 2
- Cocoa rice: $\frac{1}{4}$ cup
- Fizzy drink: $\frac{1}{2}$ cup

Choose foods from the 5 Food Groups every day for a balanced diet

Your dietitian can provide ideas about including these 5 Food Groups

- Fruit
- Vegetables
- Whole grains
- Low fat dairy
- Lean meat, fish, legumes, nuts, eggs