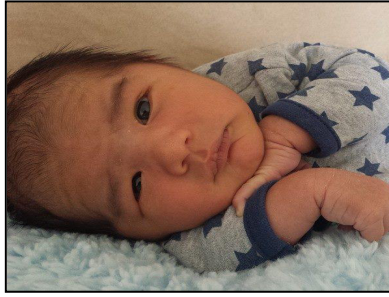


# Keeping Healthy with Gestational Diabetes

Use this guide together with your 'Healthy Eating for Gestational Diabetes' booklet



## 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.

## 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.

## 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.

## 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  
1/3 cup cooked



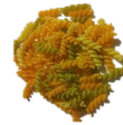
Cereal  
3/4 cup



Porridge (water)  
1/3 cup cooked



Crackers  
3



Pasta  
1/2 cup cooked



Wholegrain bread  
1 slice



Sapsui  
1/2 cup



Yam  
1/3 cup



Taro  
1/3 cup



Kumara  
1/3 cup



Potato  
1/2 medium



Cassava  
1/4 cup



Juice  
1/2 cup



Fruit  
1 medium



Fruit salad  
1 cup



Green banana  
1 small



Yoghurt  
1/2 200g tub



Low fat milk  
1 cup

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



Chocolate  
1/2 small bar



Fried dough  
1/2 ball



Fries  
1/2 small serve



Plain biscuits  
2



Cocoa rice  
1/4 cup



Fizzy drink  
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**

