

## NUTRITION GUIDELINES FOR DIABETES AND PREGNANCY

1. Eat three meals and three snacks every 2-1/2 to 3 hours.
2. Omit foods high in sugar, especially foods with corn syrup.
  - Avoid adding white or brown sugar and/or honey. Avoid regular soft drinks, lemonade and sweetened yogurt
3. Omit fruit juices.
  - Eating fruit before lunch and at bedtime snack may raise blood sugars
4. Spread carbohydrates throughout the day.
  - If your after-breakfast blood sugars are greater than 130 mg/dL, we will ask you to move some carbohydrates such as cereal, fruit and milk to other meals or snacks later in the day. Remember to eat protein at breakfast. Most cereals do NOT work for breakfast, even low-sugar types.
5. Choose foods high in fiber.
  - Whole grain cereal, brown rice, whole wheat pasta, whole fruits and vegetables, beans, lentils and legumes or oatmeal.
6. Choose foods low in fat and limit extra fat, such as gravy, sauces, vegetable oil, margarine or butter. Choose low-fat meat selections, such as lean cuts of beef and pork. Choose more fish and poultry without the skin.
  - Baked, broiled or roasted instead of fried chicken or fish. Limit fish to 12 ounces per week.
  - Eat light yogurt or Greek yogurt instead of regular yogurt.
  - Try garlic, onions and spices to season vegetables instead of cream or butter sauces.
  - Small amounts of salad dressings or mayonnaise or low-fat versions to reduce calories if needed.
  - Whole wheat pretzels, unbuttered popcorn, or whole wheat bread sticks instead of foods fried in oil, such as doughnuts, potato and tortilla chips, and french fries.
7. Limit foods from fast-food restaurants. Ask for nutritional information on menu selections, and choose foods that are low in fat. For many women, a burger and french fries, large portions of white rice, ribs with sauce, or more than two pieces of pizza may cause high blood sugars.
8. The recommended weight gain is as follows: Underweight 28-40 pounds; normal weight 25-35 pounds, overweight 15-25 pounds, obese 15 pounds. Try to gain at least ½-pound per week during the second and third trimester. Cutting back too much on calories and weight gain can increase your risk of a low birth-weight infant. Discuss your weight goals with your doctor.
9. Drink plenty of water (8-10 cups per day).