PRINCIPLES OF GESTATIONAL DIABETIC DIET

When a pregnant woman develops high blood sugar during her pregnancy, it is known as Gestational Diabetes (GDM). This condition is often diagnosed in the second half of the pregnancy (at 24-28 weeks). Some women who develop GDM continue to have diabetes after the baby is born. But for many, the condition disappears after the birth of the child.

If a mother does not keep her sugar level under control during her pregnancy, the baby may develop health problems and there may be complications during childbirth. If you have been diagnosed with GDM, follow these guidelines to help control your blood sugar levels.

1. Eat 6 small meals a day (3 meals + 3 snacks), preferably every 2-3 hours.

2. Walk after meals to help lower blood glucose. Always consult your doctor before starting an exercise program.

3. Select foods high in fiber such as brown rice, oatmeal, dried beans, whole wheat bread, fresh fruits, and vegetables, but in appropriate amounts.

4. Keep breakfast relatively small and low in carbohydrate content, as blood sugar tends to run high in the morning. During the morning meal, avoid fruit juice/fruit (primarily simple sugars) and limit milk to 4 oz. portion.

5. Exclude highly processed foods such as breakfast cereals, and instant noodles.

6. Limit added sugar (white sugar, brown sugar, rock sugar, corn syrup, honey) in foods or beverages.

7. Limit or avoid sugar containing foods, beverages and condiments such as jams, juices, candies, desserts, sweet and sour foods, soda, condensed milk, sweetened soybean milk, BBQ sauce, hoisin sauce, sweet bean paste, plum sauce, oyster sauce, teriyaki sauce.

8. Avoid alcohol.

9. Limit caffeine-containing beverages such as tea, coffee.

10. Limit fried foods. Remove all visible fats and skin from meat.

11. Use a small amount of vegetable oil in cooking. Prepare foods by steaming, braising, boiling, or baking to minimize fat intake.

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FOOD GROUPS

STARCH *
Rice, noodles, bread, cereal, crackers, potato, sweet potato, taro, corn, dried beans and peas

PROTEIN
Lean meat – pork, beef, chicken, duck, turkey, squab.
Seafood – fish, crab, scallop, clam, oyster, abalone, lobster, shrimp.
Meat substitutes – nuts and seeds, egg, bean curd (tofu), peanut butter, cheese.

VEGETABLE
All types of squash or leafy vegetables

FRUIT *
All fresh fruits or canned fruits in water/own juice

MILK *
Fat free or 1% lowfat milk/ evaporated milk
Calcium fortified soymilk (unsweetened)

FAT
All vegetable oil such as canola oil, olive oil, corn oil, soybean oil, margarine, salad dressing, mayonnaise.

* These foods contain carbohydrates, which can raise blood sugar if eaten in excess.

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