

Broiled Tomatoes Parmesan

- 2 tomatoes
- 1 clove of garlic, minced
- 2 tsp olive oil
- 1 Tbsp basil
- 1/4 tsp fresh ground black pepper
- 1/2 cup soft bread crumbs
- 1 Tbsp grated Parmesan cheese



1. Cut the tomatoes in half crosswise. Gently squeeze out and discard the seeds. Place the tomatoes cut side up on a broiler pan prepared with nonstick pan spray.
2. Combine the garlic, oil, basil, and pepper in a small bowl. Brush evenly over the cut surfaces of the tomatoes. Broil 6 inches from the heat source until hot, about 5 minutes.
3. While the tomatoes are broiling, combine the crumbs and cheese in a small bowl; sprinkle evenly over the tops of the hot tomatoes. Return to the broiler until the crumbs are browned, about 2 minutes. Serve immediately.

From: www.diabetes.org

References

1. Gestational Diabetes: What it Means for Me and My Baby. www.familydoctor.org Accessed 2/14/05.
2. Utah WIC Program Policy and Procedure Manual. October 2004.
3. Daily Food Pyramid for Gestational Diabetes. Sweet Success: California Diabetes and Pregnancy Program.



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Updated 5/05

You and your baby...

Some thoughts on gestational diabetes



Let's talk about gestational diabetes



What is gestational diabetes?

Gestational diabetes is a type of diabetes that starts during pregnancy. If you have diabetes, your body isn't able to use the sugar (glucose) in your blood as well as it should, so the level of sugar in your blood becomes higher than normal.¹

How can gestational diabetes affect me and my baby?

Some of the possible risks to mom are:

- Fatigue
- Difficult labor
- C-section
- Infection
- Diabetes after pregnancy ends

Some of the possible risks to baby are:

- Large birth size
- Low blood sugar after birth
- Jaundice
- Respiratory distress syndrome
- Heart problems, kidney problems

What can I do if I have gestational diabetes?

- See your doctor! Follow the eating plan s/he gives you. A registered dietitian can help you with meal planning and other questions you might have about your diet.
- Eat 3 meals and 3 snacks, 2 to 3 hours apart, at the same time each day.
- Eat a bedtime snack, no more than 10 hours before the next breakfast.
- Eating cake, cookies, candy, or ice cream too often can cause your blood sugar to be high. Only eat these foods once in a while.
- Drink plenty of fluids, at least six, 8 oz glasses of water. Limit coffee to 2 cups daily. Do not have any alcohol.
- Use artificial sweeteners in moderation.



Exercise and gestational Diabetes

-Exercise regularly at a safe level for you and the baby. Your doctor can help you decide on a program that works for you.

-Exercise helps you have a normal blood sugar level, it gives you energy, and helps you to feel better overall!

-Walking, swimming, or riding a stationary bike are good examples of ways to be active.

- Even if the gestational diabetes goes away after you have your baby, your risk will be greater for diabetes in your next pregnancy and later in life. This is why exercising, having a healthy weight and eating a well balanced diet is important.

