



Healthy Eating During Pregnancy



You are 28 weeks pregnant and have gestational diabetes (GDM). You are not on any diabetes medicine. You check your blood sugar at home in the morning and 2 hours after your evening meal. Over the last week your morning fasting blood sugar has been higher than 120 mg/dl 2 times (usually it is less than 90 mg/dl) and your evening blood sugar has been higher than 150 mg/dl 3 times (usually it is less than 120 mg/dl).

You work as a department supervisor for your community hospital and often work long days. You seem to have little time for physical activity during the week. You usually skip breakfast because you are busy getting your 3-year-old off to your mother's house in the morning. When you get to your office, you eat donuts or whatever is available. For lunch you usually buy a hamburger and diet coke at a local restaurant and bring it back to your office to eat. You always have supper at your mother's house with your family. She makes a stew or some other meal with a variety of foods, including fruits and vegetables. You find you eat extra dinner portions since the food is so good. On weekends, when you are home with your family, you eat 3 meals and walk for 30 minutes each day.

1. What might be making your blood sugar high now?

2. What are some changes you would make for healthy food choices to reach/stay at your target blood sugar goals?

3. What/who are some resources you have to help you make healthy food choices to reach/stay at your target blood sugar goals?





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1. What might be making your blood sugar high now?

These are some things that might be making blood sugar high:

- pregnancy hormones increase as the pregnancy progresses; this can lead to increasing insulin resistance and high blood sugar
- food choices early in the day may be causing the blood sugar to be high before dinner
- eating extra dinner portions at supper may make the blood sugar high after dinner and can affect blood sugar the following morning
- stress and lack of physical activity can lead to high blood sugar

Checking blood sugar more often would provide more information.

2. What are some changes you would make for healthy food choices to reach/stay at your target blood sugar goals?

These are some ways to eat healthy and reach/stay at target blood sugar goals:

- eat a healthy breakfast at home or bring a healthy breakfast to work
- eat less or no sugary food, such as donuts
- eat a smaller hamburger or try a sandwich with less fat
- carry fruit and vegetables with you to work
- eat smaller servings for meals and snacks (3 small meals and 3 small snacks are recommended each day to avoid high and low blood sugars)
- eat more non-starchy vegetables and fewer starchy vegetables
- keep healthy food for snacks at your desk
- take a walk at lunch time

3. What/who are some resources you have to help you make healthy food choices to reach/stay at your target blood sugar goals?

Your family.

Your health care team:

- health care provider to evaluate if medicine is needed to reach target blood sugar goals because of increased insulin resistance as pregnancy progresses
- diabetes educator to assist with developing a plan for more frequent blood sugar checks and other self-care
- registered dietitian to assist with developing a meal plan
- fitness educator for increasing physical activity
- behavioral health counselor for assistance with handling stress



