



SESSION

2

Healthy Eating During Pregnancy

DMCPG-N Healthy Eating During Pregnancy

STATEMENT OF PURPOSE

This session provides information about using food choices to reach and stay at target blood sugar goals and manage common concerns during pregnancy.

PREREQUISITES

None for women with gestational diabetes. It is recommended that women with pre-gestational diabetes have basic knowledge of nutritional management for diabetes.

LEARNING OBJECTIVES

Section 1: Basics of Healthy Eating During Pregnancy

- DMCPG-N-1 Identify the effect of carbohydrate foods on blood sugar during pregnancy.
- DMCPG-N-2 Identify two or more healthy food choices to reach and stay at target blood sugar goals during pregnancy.



- DMCPG-N-3 Describe a healthy eating pattern during pregnancy which includes several small meals and snacks throughout the day.
- DMCPG-N-GS State or write a personal plan for using food choices to reach and stay at target blood sugar goals and/or manage common concerns during pregnancy.

Section 2: Healthy Eating for Common Concerns During Pregnancy

- DMCPG-N-4 Describe one or more ways to check for healthy weight gain during pregnancy.
- DMCPG-N-5 Describe one or more ways to relieve nausea, constipation and heartburn during pregnancy.
- DMCPG-N-6 Describe one or more ways to manage milk intolerance during pregnancy.
- DMCPG-N-7 Describe the use of sugar substitutes during pregnancy.
- DMCPG-N-8 Describe the use of vitamins, minerals and other supplements during pregnancy.
- DMCPG-N-GS State or write a personal plan for using food choices to reach and stay at target blood sugar goals and/or manage common concerns during pregnancy.

CONTENT

Nutritional management for pregnancy and diabetes

MATERIALS NEEDED

Section 1: Basics of Healthy Eating During Pregnancy

Visuals Provided

- #1 *Carbohydrate Foods: What are They? How Do They Affect My Blood Sugar?*
- #2 *Gestational Diabetes—How to Have a Healthy Baby*
- #3 *Healthy Food Choices for Pregnancy and Diabetes*
- #4 *Healthy Eating Pattern for Pregnancy and Diabetes*
- #5 *Changes I Can Make*

Additional Resources

Local resource list
 Samples of foods common in participants' community
 Food models (plastic and/or paper)
First Step in Diabetes Meal Planning
My Food Plan for Gestational Diabetes
 Daily Food Guide for Pregnant Women
 Food Pyramid
 Gestational Diabetes Nutrition Pin
 Posters



Section 2: Healthy Eating for Common Concerns During Pregnancy

Visuals Provided

- #6 *Baby Growing*
- #7 *What Can I Do About Nausea? Constipation? Heartburn?*
- #8 *Sugar Substitutes During Pregnancy*

Additional Resources

- Diabetes and Pregnancy: What to Expect*
- Gestational Diabetes: What to Expect*
- Taking Care of Gestational Diabetes*
- Gestational Diabetes: Caring for Yourself and Your Baby*
- Samples of food containing sugar substitutes
- Samples of sugar substitutes (liquid, packets and spoonables)
- Samples of products that aid lactose digestion
- Posters

METHOD OF PRESENTATION

Instructors need to review *BYLD*, Session #4: *Healthy Eating* prior to presenting this session.

The instructor will need to provide content in two or more sessions, depending on participant knowledge and learning needs. Generally, Section 1: *Basics of Healthy Eating During Pregnancy* would be offered first. However, the instructor may choose to offer Section 2: *Healthy Eating to Manage Common Concerns During Pregnancy* first if the participant has an interest in, or need for, this content.

Start by introducing yourself. Use a creative icebreaker. (See *BYLD*, Introduction on p. XIII for examples.) You may want to ask participants to introduce themselves and share something about themselves, their family and how they live with pregnancy and diabetes. Explain that the purpose of this session is to discuss healthy food choices to reach and stay at target blood sugar goals and to manage common nutritional concerns during pregnancy.

Use facilitated group discussion to present material. Encourage participants to share stories and ask questions to facilitate the discussion. Have a variety of teaching tools available based on participants' learning needs. Be creative and encourage interaction. Use real life situations for discussion. A videotape or audiotape may be used to introduce content if available.

Use actual food records or develop samples of completed food records. Food records can help participants become more aware of current eating habits and problem-solve to identify small changes they can make. Encourage participants to have the person who prepares their food attend this session with them.



Objective	Content	Instructor’s Notes
<p>DMCPG-N-2. (continued)</p>	<ul style="list-style-type: none"> • eat less fat 	<p>Sugary food:</p> <ul style="list-style-type: none"> • may raise blood sugar too high • is high in calories and may lead to unhealthy weight gain • provides few nutrients for the mother and baby <p>Eat these instead:</p> <ul style="list-style-type: none"> • fruits • vegetables • graham crackers • low-fat popcorn/pretzels • small bagel • vanilla wafers • ginger snaps • sugar-free Jell-O® • sugar-free jam or jelly • vegetable juices • water • diet soda/pop • sugar-free Kool-Aid® • Crystal Light® • sugar substitutes <p>Emphasize these healthier substitutes for sugary foods listed on Visual #3: <i>Healthy Food Choices for Pregnancy and Diabetes</i>.</p> <p>Ask, “What are some things you have done to help you eat less fat?” List/discuss responses.</p> <p>High-fat food includes:</p> <ul style="list-style-type: none"> • fried foods <ul style="list-style-type: none"> - fry bread - fried meats - fried fish - fried chicken, turkey and other birds - fried snack foods, like chips - french fries • fatty meats <ul style="list-style-type: none"> - bacon



Objective	Content	Instructor’s Notes
<p>DMCPG-N-2. (continued)</p>	<ul style="list-style-type: none"> • eat more non-starchy vegetables 	<ul style="list-style-type: none"> - sausage - Spam® - hot dogs - Vienna sausages - potted meat - bologna - salami - other high-fat lunchmeats • butter, margarine, shortening and lard • sour cream and cream cheese (regular) • mayonnaise and salad dressings (regular) <p>High-fat food:</p> <ul style="list-style-type: none"> • may lead to unhealthy weight gain • may raise blood sugar too high <p>Eat these instead:</p> <ul style="list-style-type: none"> • baked, broiled, grilled, boiled, poached or steamed food • lean meats • fat-free or low-fat lunchmeats • non-fat or low-fat sour cream and cream cheese • non-fat or low-fat mayonnaise and salad dressings • liquid oils when cooking • lower-fat tub margarine <p>See <i>BYLD</i>, Session #4: <i>Healthy Eating</i> for more information on eating less fat.</p> <p>Emphasize these healthier substitutes for high-fat foods on Visual #3: <i>Healthy Food Choices for Pregnancy and Diabetes</i>.</p> <p>Ask, “What are some things you have done to eat more non-starchy vegetables?” List/discuss responses.</p> <p>Non-starchy vegetables include:</p> <ul style="list-style-type: none"> • celery • broccoli • squash (zucchini and yellow)



Objective	Content	Instructor’s Notes
DMCPG-N-2. (continued)	<p>A registered dietitian can help women learn healthy food choices, including the number of carbohydrate servings that are best for them.</p>	<ul style="list-style-type: none"> • carrots • green beans • peppers • salsa • vegetable juice <p>Non-starchy vegetables:</p> <ul style="list-style-type: none"> • have low amounts of carbohydrates • are low in calories • are high in fiber • are high in vitamins and minerals <p>Eat at least 3 servings of non-starchy vegetables each day.</p> <p>See <i>BYLD</i>, Session #4: <i>Healthy Eating</i>, <i>BYFC</i>, Session #2: <i>Introduction to Carbohydrate Counting</i> and <i>BYFC</i>, Session #3: <i>Introduction to Exchange Lists</i> for more information on non-starchy vegetables.</p> <p>Review list of non-starchy vegetables on Visual #3: <i>Healthy Food Choices for Pregnancy and Diabetes</i>.</p> <p>Refer participants to a registered dietitian for meal planning during pregnancy.</p>
DMCPG-N-3. Describe a healthy eating pattern during pregnancy which includes several small meals and snacks throughout the day.	<p>Eating smaller meals more often throughout the day helps a pregnant woman:</p> <ul style="list-style-type: none"> • eat enough food to get all the nutrition mother and baby need • reach and stay at target blood sugar goals • keep blood sugar from being too high or too low 	<p>Ask, “How many meals/snacks do you usually eat each day? What are ways you can eat smaller servings for meals/snacks?” List/discuss responses.</p> <p>Visual #2: <i>Gestational Diabetes—How to Have a Healthy Baby</i>, p. 14, and Visual #4: <i>Healthy Eating Pattern for Pregnancy and Diabetes</i></p> <p>Large meals, or meals eaten too close together, may make blood sugar too</p>



Objective	Content	Instructor's Notes
DMCPG-N-3. (continued)	<p>A healthy eating pattern during pregnancy includes:</p> <ul style="list-style-type: none"> • eating 3 small meals and 3 snacks each day <ul style="list-style-type: none"> • eating meals and snacks no more than 3-4 hours apart • drinking more water <p>A registered dietitian can help women learn a healthy eating pattern, including amount and timing of meals and snacks.</p>	<p>high. Eat about the same amount of food for meals and snacks each day.</p> <p>See <i>BYLD</i>, Session #4: <i>Healthy Eating</i> and <i>BYFC</i>, Session #2: <i>Introduction to Carbohydrate Counting</i> and <i>BYFC</i>, Session #3: <i>Introduction to Exchange Lists</i> for more information on serving sizes.</p> <p>Eat breakfast, lunch and dinner. Eat snacks mid-morning, mid-afternoon and bedtime. A bedtime snack helps prevent low blood sugar during the night and urine ketones in the morning. See <i>BB</i>, Session #6: <i>Staying Healthy During Pregnancy</i> for more information on urine ketones.</p> <p>Snacks also help a pregnant woman:</p> <ul style="list-style-type: none"> • get enough calories without making blood sugar too high or too low • not feel overly hungry between meals <p>Eat a bedtime snack about 10 hours before breakfast.</p> <p>Emphasize the importance of drinking at least 8 cups of water each day.</p> <p>Refer participants to a registered dietitian for meal planning during pregnancy.</p>
DMCPG-N-GS. State or write a personal plan for using food choices to reach and stay at target blood sugar goals and/or manage common concerns during pregnancy.	Making changes in health habits, such as healthy eating during pregnancy, is easier when plans are broken down into small, easy-to-do steps.	<p>Visual #5: <i>Changes I Can Make</i></p> <p>Assist participants in stating or writing one thing they will do to use food choices to reach and stay at target blood sugar goals.</p> <p>See <i>BYLD</i>, Session #3: <i>Making Healthy Changes</i>.</p>



Section 2: Healthy Eating for Common Concerns During Pregnancy

Objective	Content	Instructor’s Notes
<p>DMCPG-N-4. Describe one or more ways to check for healthy weight gain during pregnancy.</p>	<p>During pregnancy it is important for mothers to gain an amount of weight that is healthy for them and their babies.</p> <p>All mothers need to gain some weight during pregnancy. During the first 3 months (first trimester), a healthy weight gain is about 0-4 pounds, depending on the starting weight. During the rest of the pregnancy, a healthy weight gain is about 1/2-1 pound a week.</p> <p>It is important to check the pattern of weight gain during pregnancy:</p> <ul style="list-style-type: none"> • women who gain too much weight and/or gain weight too fast may have babies that are too big • not gaining enough weight may affect the mother’s and baby’s health <p>Slow steady weight gain is best.</p>	<p>Ask, “How much weight do you think a woman needs to gain during pregnancy? Has your health care team talked with you about the amount of weight gain that is healthy for you?” List/discuss responses.</p> <p>Visual #2: <i>Gestational Diabetes—How to Have a Healthy Baby</i> and Visual #6: <i>Baby Growing</i></p> <p>Early in pregnancy, weight gain is due to changes in the mother’s body that help support the pregnancy. Weight gain during the last three months (third trimester) is due to the growth of the baby and placenta.</p> <p>General guidelines for weight gain during pregnancy are:</p> <ul style="list-style-type: none"> • women who are underweight before they become pregnant need to gain about 28-40 pounds • women who are at a healthy weight before they become pregnant need to gain about 25-35 pounds • women who are overweight before they become pregnant need to gain about 15-25 pounds. <p>Emphasize the importance of talking with their health care team about the weight gain that is best for them.</p> <p>Big babies may make delivery difficult.</p> <p>Low birth weight babies may have:</p> <ul style="list-style-type: none"> • difficulty growing • more chance of problems



Objective	Content	Instructor’s Notes
<p>DMCPG-N-4. (continued)</p>	<p>These are ways to check for healthy weight gain during pregnancy:</p> <ul style="list-style-type: none"> • weight is checked at each clinic visit • weights are compared visit to visit 	<p>The health care team will write a woman’s weight on a chart in her medical record. The rate of weight gain will be checked and discussed with the mother during visits.</p> <p>Mothers may also choose to check weight at home between clinic visits. Provide information on local guidelines for reporting weight change to the health care team.</p> <p>Refer participants to a registered dietitian:</p> <ul style="list-style-type: none"> • for assistance with food choices to gain a healthy amount of weight • to check weight gain throughout the pregnancy
<p>DMCPG-N-5. Describe one or more ways to relieve nausea, constipation and heartburn during pregnancy.</p>	<p>Nausea, constipation and heartburn may be problems for some women during pregnancy.</p> <p>These are some ways pregnant woman can relieve nausea:</p>	<p>Ask, “Does anyone have problems with nausea, constipation or heartburn?” List/discuss responses.</p> <p>Be prepared to define nausea, constipation and heartburn in local community words.</p> <p>Visual #6: <i>Baby Growing</i> As the baby grows, more pressure is put on the digestive organs, especially in the last 3 months of pregnancy.</p> <p>These common concerns may not affect every woman and they may affect women in different ways.</p> <p>Ask, “Has anyone had nausea? Was there anything you did that helped relieve the nausea?” List/discuss responses.</p>



Objective	Content	Instructor’s Notes
<p>DMCPG-N-5. (continued)</p>	<ul style="list-style-type: none"> • get up slowly when first waking up • eat a dry snack before breakfast • avoid sudden movement • avoid getting very hungry • drink less liquids at mealtime • eat smaller meals and snacks more often • eat less spicy and highly seasoned foods • avoid caffeine and carbonated drinks • eat less greasy and high-fat foods • avoid foods and drinks with strong smells • take vitamins later in the day with food • take iron pill(s) with food • sip sugar-free lemonade, diet ginger ale or ginger tea • sniff lemons and/or eat citrus fruits • avoid low blood sugar <p>Women need to talk with their health care provider before using any over-the-counter nausea medicine.</p>	<p>Visual #7: <i>What Can I Do About Nausea? Constipation? Heartburn?</i></p> <p>Eating dry crackers or toast before getting out of bed in the morning may help with morning sickness.</p> <p>Some women have nausea with sudden movements or riding in a car.</p> <p>It may be helpful to eat meals without liquids, and drink the liquids between meals.</p> <p>Citrus fruits include oranges and grapefruit.</p> <p>See <i>BYLD</i>, Session #9: <i>Balancing Your Blood Sugar</i> for more information on low blood sugar.</p>



Objective	Content	Instructor’s Notes
<p>DMCPG-N-5. (continued)</p>	<p>These are some ways pregnant woman can relieve constipation:</p> <ul style="list-style-type: none"> • eat foods high in fiber every day • add prunes, prune juice or figs to food choices • drink more water • be active <p>Women need to talk with their health care provider before using any over-the-counter laxatives.</p> <p>These are some ways pregnant woman can relieve heartburn:</p>	<p>Ask, “Has anyone ever had a problem with constipation? What helped prevent or relieve the constipation?” List/discuss responses.</p> <p>Hormone changes during pregnancy cause the intestines to slow down. This increases the chance of constipation.</p> <p>Visual #7: <i>What Can I Do About Nausea? Constipation? Heartburn?</i></p> <p>Foods high in fiber include:</p> <ul style="list-style-type: none"> • fresh fruits and vegetables • whole-grain breads and cereals • brown rice, wild rice, whole-grain noodles and pasta • oatmeal, barley, whole-wheat flour, dried beans, peas and lentils <p>Choose at least 5 servings of high-fiber foods each day. Add high-fiber food slowly to reduce gas and bloating.</p> <p>These foods have a natural laxative effect.</p> <p>Drink at least 8 cups of water each day.</p> <p>See <i>BB</i>, Session #3: <i>Moving to Stay Healthy During Pregnancy</i> for more information on physical activity.</p> <p>Ask, “Has anyone had heartburn? Was there anything you did that made the heartburn feel better?” List/discuss responses.</p> <p>Visual #7: <i>What Can I Do About Nausea? Constipation? Heartburn?</i></p>



Objective	Content	Instructor’s Notes
<p>DMCPG-N-5. (continued)</p>	<ul style="list-style-type: none"> • eat smaller amounts of food more often • eat slowly and chew food well • avoid foods or drinks that cause heartburn <ul style="list-style-type: none"> • stay sitting or standing right after eating <p>Women need to talk with their health care provider before using any over-the-counter heartburn medicine.</p> <p>Women need to talk to their health care provider about these common concerns if they are not easily relieved or symptoms become severe.</p>	<p>For example, eat smaller amounts of food every 3-4 hours rather than eating a lot of food at 1 or 2 meals each day.</p> <p>Foods and drinks that are more likely to cause heartburn include:</p> <ul style="list-style-type: none"> • spicy, highly seasoned foods or high acidic drinks, such as: <ul style="list-style-type: none"> - chili - tacos - black pepper - V-8 Juice® - citrus fruits and juices • greasy, high-fat foods, such as: <ul style="list-style-type: none"> - fried foods - “fast foods” - bacon, sausage - Spam®, hot dogs, Vienna sausages, potted meat, bologna, salami and other high-fat lunchmeats - potato chips, other snack chips that are fried, and snack crackers • carbonated drinks • caffeine drinks <p>Wait for at least 1-2 hours after eating before lying down.</p> <p>Some women find that chewing gum relieves heartburn.</p> <p>Discuss local guidelines for reporting the following problems to the health care provider:</p> <ul style="list-style-type: none"> • vomiting • stomach pain • bleeding • weakness • weight loss • dehydration



Objective	Content	Instructor's Notes
<p>DMCPG-N-6. Describe 1 or more ways to manage milk intolerance during pregnancy.</p>	<p>Milk bothers some women during pregnancy. It may cause:</p> <ul style="list-style-type: none"> • gas • cramps • diarrhea <p>This is called milk intolerance.</p> <p>A woman with milk intolerance may be able to have milk only in small amounts, or not at all.</p> <p>A woman with milk intolerance will need to eat other foods that have calcium.</p> <p>Other ways for a woman with milk intolerance to get enough calcium include using:</p> <ul style="list-style-type: none"> • lactose-free milk • lactase enzyme tablets • calcium tablets or chews 	<p>Ask, “Does anyone think they have milk intolerance? How did you feel when you drank milk? What are some ways you managed it?” List/discuss responses.</p> <p>It is also called lactose intolerance. Milk and dairy products contain a sugar called lactose.</p> <p>A pregnant woman needs calcium for her own health and to form the baby’s bones and teeth. The need for calcium is greatest in the third trimester.</p> <p>Foods with calcium include:</p> <ul style="list-style-type: none"> • milk, yogurt and cheese • canned fish with bones, such as sardines and salmon • green leafy vegetables, such as spinach • other dark green vegetables, such as broccoli • breads and cereals with calcium added <p>Soy milk, rice milk and almond milk are lactose free. Products like Lactaid® milk have the lactose removed.</p> <p>Lactase enzyme tablets reduce the amount of lactose in dairy products so the body can digest it better. Show samples of lactase enzyme products available locally.</p> <p>Emphasize the importance of talking to their health care provider before taking calcium tablets or chews.</p>
<p>DMCPG-N-7. Describe the use of sugar substitutes during pregnancy.</p>	<p>Sugar substitutes are found in diet and sugar-free foods and drinks.</p> <p>These sugar substitutes have been shown to be safe during pregnancy:</p>	<p>Visual #2: <i>Gestational Diabetes—How to Have a Healthy Baby</i>, p. 15</p> <p>Ask, “What sugar-free foods or drinks are you eating/drinking? How many</p>



Objective	Content	Instructor’s Notes
<p>DMCPG-N-7. (continued)</p>	<ul style="list-style-type: none"> • sucralose • acesulfame-K • aspartame • saccharin • neotame <p>A registered dietitian can help women learn how much sugar substitute is best for them.</p>	<p>times a day are you eating/drinking something with a sugar substitute?” List/discuss responses.</p> <p>Visual #8: <i>Sugar Substitutes During Pregnancy</i></p> <p>Show samples of diet and sugar-free foods and drinks and sugar substitutes.</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Splenda® <p>Brand names include:</p> <ul style="list-style-type: none"> • Sweet One® • Sunett® • DiabetiSweet® • DiabetiSweet® Brown Sugar • Sweet and Safe® <p>Brand names include:</p> <ul style="list-style-type: none"> • Equal® • NutraSweet® • NatraTaste® • Insta Sweet® <p>Brand names include:</p> <ul style="list-style-type: none"> • Sweet’N Low® • Sweet’N Low Brown® • Sugar Twin® • Brown Sugar Twin® • Sweet Twin® • Necta Sweet® <p>Refer participants to a registered dietitian to discuss the use of sugar substitutes.</p>



Objective	Content	Instructor's Notes
<p>DMCPG-N-8. Describe the use of vitamins, minerals and other supplements during pregnancy.</p>	<p>Women need more vitamins and minerals during pregnancy.</p> <p>It may be hard for a pregnant woman to get the amount of vitamins and minerals she needs from the food she eats. Taking vitamins and minerals during pregnancy helps women get the amount they need.</p> <p>It is important for women to talk to their health care provider about the vitamins and minerals they need during pregnancy.</p>	<p>Ask, "Are you taking vitamins, minerals or other supplements?" List/discuss responses.</p> <p>It is especially hard for a pregnant woman to get the amount of calcium, iron and folate she needs from the food she eats.</p> <p>Some women may need to take extra iron during pregnancy, especially in the second and third trimester.</p> <p>It is recommended that folate be started when the woman is planning pregnancy. The need for folate doubles during pregnancy.</p> <p>Note: Taking folate decreases the chance of a neural tube defect (a defect of the brain or spinal cord), such as spina bifida.</p> <p>See <i>BB</i>, Session #4: <i>Medicine During Pregnancy</i> for discussion of herbal supplements.</p>
<p>DMCPG-N-GS. State or write a personal plan for using food choices to reach and stay at target blood sugar goals and/or manage common concerns during pregnancy.</p>	<p>Making changes in health habits, such as healthy eating during pregnancy, is easier when plans are broken down into small, easy-to-do steps.</p>	<p>Visual #6: <i>Changes I Can Make</i></p> <p>Assist participants in stating or writing one thing they will do to manage common concerns during pregnancy.</p> <p>See <i>BYLD</i>, Session #3: <i>Making Healthy Changes</i>.</p>



SKILLS CHECKLIST

Each participant will be able to make a personal plan for healthy food choices during pregnancy.

EVALUATION PLAN

Knowledge will be evaluated by achievement of learning objectives and by responses to questions during the session. The ability to apply knowledge will be evaluated by the development and implementation of their personal plan for healthy eating during pregnancy. Application of knowledge can also be evaluated through *Diabetes and Real Life Activities*. Evaluation will also include program outcome measures.

DOCUMENTATION PLAN

Record class attendance and objectives achieved. Document patient response on the PCC record using current *IHS Patient Education Protocols and Codes (PEPC)*.



