



Carbohydrate Foods

What Are They?

How Do They Affect My Blood Sugar?



What are carbohydrate foods?

- **Starches**, such as:
 - breads
 - cereals
 - pasta (noodles)
 - starchy vegetables
 - tortillas
 - rice
 - beans, peas, lentils
 - crackers and snacks
- **Fruits**, such as:
 - grapes
 - berries
 - raisins
 - melons
 - apples
 - fruit juice
- **Milk and yogurt**, such as:
 - milk
 - non-fat dry milk
 - evaporated milk
 - yogurt
 - buttermilk
- **Sugary food**, such as:
 - sugar
 - syrup
 - cake/cookies
 - donuts
 - regular soda/pop
 - sports drinks
 - honey
 - jelly/jam
 - ice cream
 - candy
 - regular Kool-Aid®
 - sweetened water

How do carbohydrate foods affect my blood sugar?

Eating too much carbohydrate may cause:

- high blood sugar
- unhealthy weight gain





Gestational Diabetes — How to Have a Healthy Baby



(See separately packaged visuals.)





Healthy Food Choices for Pregnancy and Diabetes



Eat a healthy number of carbohydrate servings:



These are the number of carbohydrate servings that are healthy for most pregnant women:

- breakfast: 2-3
- lunch: 3-4
- dinner: 3-4
- snacks: 1-2 (at each snack)

A registered dietitian will help you choose the number of carbohydrate servings that are best for you.

Eat less sugary food, such as:



- sugar
- syrup
- cake/cookies
- donuts
- regular soda/pop
- sports drinks
- honey
- jelly/jam
- ice cream
- candy
- regular Kool-Aid®
- sweetened water

Eat these instead:



- fruits
- vegetables
- graham crackers
- low-fat popcorn/pretzels
- small bagel
- vanilla wafers
- ginger snaps
- sugar-free jelly/jam
- vegetable juices
- water
- diet soda/pop
- sugar-free Kool-Aid®
- Crystal Light®
- sugar substitute
- sugar-free Jell-O®

Eat less fat, such as:



- fried food
 - fry bread
 - fried meats
 - fried fish
 - fried chicken, turkey and other birds
 - fried snack foods
 - french fries
- butter, margarine, shortening and lard
- mayonnaise and salad dressings (regular)
- sour cream and cream cheese (regular)
- fatty meats
 - bacon
 - sausage
 - Spam®
 - hot dogs
 - Vienna sausages
 - potted meat
 - bologna
 - salami
 - other high-fat lunchmeats

Eat these instead:



- baked, broiled, grilled, boiled, poached or steamed foods
- lean meats
- fat-free 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

Eat more non-starchy vegetables, such as:



- celery
- broccoli
- squash (zucchini and yellow)
- carrots
- green beans
- peppers
- salsa
- vegetable juice

A registered dietitian will help you choose the meal plan that is best for you.





Healthy Eating Pattern for Pregnancy and Diabetes



- Eat 3 small meals and 3 snacks each day**
 - eat breakfast, lunch and dinner
 - eat snacks mid-morning, mid-afternoon and bedtime
 - eat a bedtime snack about 10 hours before breakfast

- Eat meals no more than 3-4 hours apart**

- Drink more water throughout the day**
 - drink at least 8 cups of water each day

A registered dietitian will help you choose an eating pattern that is best for you.



(Healthy Eating Pattern for Pregnancy and Diabetes - continued)

Try these snacks!

- 1/2 cup cottage cheese and 1/2 cup fruit
- 6-8 ounces non-fat yogurt (no sugar added)
- 1 large rice cake (or 6 crackers) with 1 slice of cheese (or 2 tablespoons of peanut butter)
- 3 graham cracker squares with 2 tablespoons of peanut butter
- small bean burrito (made with 1/2 tortilla)
- 1/2 sandwich made with 1 ounce lean meat (or cheese) and 1 slice of whole wheat bread
- popcorn (about 3 cups)
- non-starchy vegetables may be added to any snack





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date





Baby Growing



7th Week



8th Week



9th Week



10th Week



12th Week



13th Week



17th Week



21st Week



25th Week



29th Week



36th Week



40th Week





What Can I Do About: Constipation?

- Get up slowly when you first wake up
 - Eat a dry snack before breakfast
 - Avoid sudden movement
 - Avoid getting very hungry
 - Drink less liquid at mealtime
 - Eat smaller meals and snacks more often
 - Eat less spicy and highly seasoned foods
 - Avoid caffeinated and carbonated drinks
 - Eat less greasy and high-fat foods
 - Avoid food and drinks with strong smells
 - Take your vitamin(s) 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 such as oranges or grapefruits
 - Avoid low blood sugar
- Eat foods high in fiber every day, such as:
 - fruits and vegetables
 - whole-grain breads and cereals
 - brown rice, wild rice, whole-grain noodles or pasta
 - oatmeal, barley, whole wheat flour, dried beans, peas, lentils
 - Add prunes, prune juice or figs to food choices
 - Drink at least 8 cups of water each day
 - Be active every day



Heartburn?

- Eat smaller amounts of food more often
- Eat slowly and chew food well
- Avoid food or drinks that cause you heartburn, such as:
 - spicy or highly seasoned food
 - greasy and high-fat food
 - carbonated drinks
 - caffeine drinks
- Stay sitting or standing right after eating





Sugar Substitutes During Pregnancy



Generic Name	Brand Name
sucralose	Splenda®
acesulfame-K	Sweet One® Sunett® DiabetiSweet® DiabetiSweet® Brown Sugar Sweet and Safe®
aspartame	Equal® NutraSweet® NatraTaste® Insta Sweet®
saccharin	Sweet'N Low® Sweet'N Low Brown® SugarTwin® Brown SugarTwin® Sweet Twin® NectaSweet®
neotame	

Talk with a registered dietitian about the use of sugar substitutes during pregnancy.

