

Blood Glucose and Gestational Diabetes Mellitus (GDM)



- *Blood glucose* is the name for sugar in your blood. It comes from foods with carbohydrates (see back page).
- Insulin is a hormone made in your pancreas. It helps keep your blood glucose at the right level.
- If your body cannot make enough insulin when you are pregnant, your blood glucose will get higher. This condition is called *gestational diabetes mellitus (GDM)*.

GDM blood glucose targets

Test your blood glucose regularly

Empty stomach: 3.8-5.2 (less than **5.3** mmol/L)

1 hour after eating: 5.5-7.7 (less than **7.8** mmol/L)

2 hours after eating: 5.0-6.6 (less than **6.7** mmol/L)

Date _____ Name _____

Healthcare Provider (Name) _____

What about artificial sweeteners?

- Foods in Canada with sweeteners, like sugar-free gum, are safe.
- Table-top sweeteners (ones you add yourself) that have cyclamate, are not safe.

Why hit these targets?

- Helps make sure your baby is born naturally, at the right time (not too early) and at the right weight (not too heavy).
- May prevent your baby from having trouble breathing, jaundice or heart problems.

✓ What to eat and drink

- Choose country foods. They do not raise blood glucose levels, except bannock and berries.
- If you take insulin, eat carbohydrates at every meal and snack.
- Eat three meals each day. Each meal should have 3 of the 4 food groups. Eat meals less than 6 hours apart.
- Enjoy a snack between meals. Each snack should have 2 to 3 food groups. Have a snack at bedtime if you sleep more than 6 hours.

Nutrition tips

Drink at least 7 cups of water and 2 cups of milk every day

Morning



Afternoon



Evening



Foods to enjoy		Foods to question	
Grain products	<ul style="list-style-type: none"> Brown rice Baked bannock made with half whole wheat flour Homemade bran or oatmeal muffins Plain cereals like bran flakes and oatmeal Whole grain bread and noodles 	 <ul style="list-style-type: none"> Cereals with sugary coating Fried bannock made with white flour Store-bought muffins Sweet rolls, buns, doughnuts White bread, buns, pita, wraps White noodles, instant noodles White rice 	
Fruit	<ul style="list-style-type: none"> Unsweetened frozen, fresh or dried fruit 	<ul style="list-style-type: none"> 100% pure fruit juice, fruit drinks, drink crystals, fruit cocktail Canned fruit in syrup 	
Vegetables with carbohydrates	<ul style="list-style-type: none"> Potatoes, sweet potatoes Corn 	<ul style="list-style-type: none"> Instant potatoes, fries, hash browns Creamed corn 	
Vegetables	<ul style="list-style-type: none"> Vegetables, fresh, canned or frozen Wild greens, plants, shoots, roots Seaweed, kelp 	<ul style="list-style-type: none"> Deep fried or breaded vegetables like onion rings 	
Milk and alternatives	<ul style="list-style-type: none"> Milk Yogurt Cheese 	<ul style="list-style-type: none"> Whole milk, coffee cream, whipping cream Flavoured milk Ice cream 	
Meat and alternatives	<ul style="list-style-type: none"> Beans, all types Nuts, seeds and nut butters like peanut butter Unseasoned, lean store-bought meat Fish and seafood low in heavy metal: Salmon, trout, shrimp, clams, mussels, oysters and canned tuna (not albacore) 	<ul style="list-style-type: none"> Fatty store-bought meat: Ribs, chicken wings, breaded chicken Processed meats: Bacon, salami, pepperoni, hot dogs, canned meat 	
Fats and oils	<ul style="list-style-type: none"> Canola, vegetable, olive oil Fat from fish and sea animals Non-hydrogenated margarine 	<ul style="list-style-type: none"> Hydrogenated margarine Lard, shortening, butter 	
Others	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Adding sugar to hot drinks Candies, chocolate, pies, cookies, cakes Coffee whitener Pop, energy drinks, slush, tea, coffee Sweet sauces like sweet n' sour or honey garlic 	

Foods with carbohydrates that raise blood glucose levels. Each meal should not have more than 1 fist-size of these foods combined.



Meal ideas	
Breakfast	
Lunch	
Snack	
Supper	
Snack	

Lifestyle tips

- ✓ Be physically active to help control blood glucose levels.
- ✓ Take prescribed medications and vitamins.
- ✓ Breastfeeding helps babies have normal blood glucose levels and lowers your risk of diabetes after pregnancy. Babies do not need anything but breast milk for the first six months.
- ✓ Get checked for diabetes 6 weeks to 6 months after delivery.