

## Gestational Diabetes Diet Guidelines

- To be successful in controlling your blood sugars you will have to limit your carbohydrate portions each meal. In general when you first begin testing your blood sugars you should not have more than **30** grams of carbohydrate each meal.
- Most women have more insulin resistance in the morning; this means that you may have the most difficult time keeping your blood sugar below 120 after breakfast. This may be a meal that you may need to restrict your carbohydrates to less than 30 grams, or be prepared to exercise after breakfast.
- **NEVER** have carbohydrates without protein. Protein helps to slow the breakdown of carbohydrates and prevents your body from releasing a large amount of sugar into your bloodstream all at once.
- Fiber also helps to slow the breakdown of carbohydrates
- Eating a low carbohydrate snack before bed will help to maintain your fasting glucose in the normal range, below 95.\*\* Remember a prolonged fast 10-12 hours is not helpful for maintaining a fasting glucose below 95.\*\*
- Exercise helps your body to move glucose (sugar) from your bloodstream into your cells where your body can use it for energy.  
\*\*Women with gestational diabetes should exercise **every** day\*\*
- It is helpful if you can follow a schedule for meals, trying to have meals at approximately the same time each day.
- Test your fasting sugar first thing in the morning, do not wait until right before breakfast or after you take a shower. Test your blood sugars after a meal 2 hours after taking the **first** bite of the meal.
- You may be hungry between meals. When carbohydrates are limited so are calories. Low carbohydrate snacks can be added to your diet. The best time to add a snack is right after testing your blood sugar.