

## GLYCEMIC CONTROL IN PREGNANCY

If you have a positive result on the Glucose Tolerance Test, your midwife may refer you for dietary counseling with a nutritionist who specializes in gestational diabetes, or she may guide you in making dietary and lifestyle modifications in order to decrease your blood glucose levels. It is very important to maintain normal levels of glucose in your blood for both you and your baby's wellbeing. What follows are some general guidelines to help you maintain normal blood glucose levels.

**DIETARY MODIFICATION** It can be beneficial to work directly with a nutritional counselor to help you achieve your dietary goals. Please ask your midwife for a referral.

The following general recommendations will help you get off to a good start.

1. Eliminate all refined sugars from diet, including sweetened drinks, maple syrup, fructose, and honey. Become familiar with the glycemic index.
2. Decrease fruit intake, no fruit juice, processed fruit or dried fruit.
3. Focus on eating whole grains. Eliminate simple carbohydrates such as white flour, white rice, potatoes. Eat only sprouted grain bread and severely limit any wheat products.
4. Decrease fats in diet. Fat decreases the body's ability to move sugars out of the blood stream.
5. Increase protein in the diet. Try to have a low-fat protein with each meal/snack.
6. Increase legumes in diet to 4 x per week. These include lentils, pinto beans, kidney beans, etc. Legumes help to moderate your metabolism of sugars.
7. Take a GTF Chromium supplement, 50-100 mcg per day in the morning after breakfast.

**EXERCISE** Exercise increases your metabolism, especially upper body exercise. Try to engage in 20-30 minutes of moderate aerobic exertion/exercise after every meal. An easy form of exercise would be to take a brisk walk while swinging your arms.

**HOME MONITORING** You and your midwife may determine that home monitoring of your blood glucose levels may assist you in making dietary modifications, helping you to maintain appropriate glucose levels in your blood stream. Some insurance plans will cover a home glucometer and test strips. It may be a little expensive- it's worth asking.

### **Instructions for home monitoring:**

1. Use a home glucometer to measure capillary blood values. Follow instructions included with the device.
2. Test 4 capillary samples per day as follows:
  - 1st sample is obtained before breakfast, before you eat or drink anything except water. Record value.
  - 2nd sample is obtained 1 hours after breakfast, before eating a morning snack. Record value.
  - 3rd sample is obtained 1 hours after lunch, before eating an afternoon snack. Record value.
  - 4th sample is obtained 1 hours after dinner, before eating an evening snack.
3. Call your midwife if any of your values are greater than the range identified on the chart, and always bring your chart with you to your prenatal appointments.

**FOLLOW-UP TESTING** Your midwife will discuss the following tests with you. Some, or all, might be recommended. Ultrasound, Hemoglobin A1C blood test, Home monitor/Lab correlation test.

**\*\*\*As always, If you have any questions or concerns, please call your midwife\*\*\***