

GDM Patient Letter

You have been diagnosed with Gestational Diabetes. This condition is directly affected by what you eat. There are several things you can do right away to help control your blood sugar while you wait for your upcoming appointments with our nutritionist and nurse educator. Consider having your partner or a friend attend these appointments with you, especially if they participate in meal preparation.

Diet

- Avoid drinking juice, regular soda, or other sweetened beverages.
- Avoid eating large portions of white potatoes, French Fries, pasta, rice, and bread.
- Limit added sugar, sweetened cereals, candy, ice cream, and all desserts to very small servings. Your nutritionist will discuss healthy ways to eat the occasional sweet treat.
- Avoid eating large meals all at once. Try to eat 3 smaller meals and plan to include a snack in between meals if you are hungry.
- Do not eliminate fruit, bread, milk or all carbohydrates from your diet. Many carbohydrates are healthy and should be part of your regular diet when eaten in appropriate portions. These foods will be discussed in greater detail by your nutritionist at your upcoming appointment.

Activity

- If you are not already exercising, plan to gradually increase your physical activity. Exercise plays an important role in helping to manage your blood sugars.
- In general, 30 minutes of exercise is recommended most days of the week. If you are unable to complete 30 minutes all at one time, try two 15 minute segments.
- Most pregnant women are able to walk, swim, or participate in some kind of low impact aerobic activity. If you are unsure about a particular activity, please call and talk with your doctor or nurse to get additional information.

For more information on Gestational Diabetes, here are some reputable websites:

- Gestational Diabetes: American Diabetes Association
 - <http://www.diabetes.org/diabetes-basics/gestational>
- U.S. Department of Health and Human Services
 - <http://www.niddk.nih.gov/health-information/diabetes/types/gestational>
- CDC – Gestational Diabetes and Pregnancy
 - <http://www.cdc.gov/pregnancy/diabetes-gestational.html>