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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उगाहूँ उक्तमे ची लेख वै तं विरथा वचने एत नंघर उे बेन वते: 01932 723553

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Healthy Eating and Gestational Diabetes

Dietetic Department



What is Gestational Diabetes?

Gestational diabetes is the type of diabetes that only occurs during pregnancy and leads to a rise in blood glucose levels. The hormones produced during pregnancy can make it difficult for your body to use insulin properly, increasing the risk of insulin resistance.

It is important to keep blood glucose levels as normal as possible during pregnancy to help your baby grow and develop normally. Lifestyle changes, including diet and physical activity, play a vital role in the treatment pathway of gestational diabetes. Sometimes high blood glucose levels may need to be controlled by tablets or insulin.

Tips for Eating Well with Gestational Diabetes

1. Regular meals

It is important to plan for 3 meals a day, with or without (healthy) snacks. Avoid long gaps in between meals - this will help your appetite control and blood glucose levels.

2. Carbohydrate

Carbohydrate is a source of energy and an important nutrient; it is the total amount of carbohydrate that is eaten at a meal that affects blood glucose levels. Balancing moderate amounts of carbohydrate evenly throughout the day will help control blood glucose.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Personal Action Plan

1. _____

2. _____

3. _____

4. _____

5. _____

Patient:

Date:

Dietitian:

Contact:

Sources of Carbohydrate

Starchy foods such as: bread, rice, potatoes, pasta, cereals, chapatti, poppadoms, yams, plantain, pastry. There is a small amount in beans and lentils

Natural sugars found in: fruit, fruit juice, milk, yogurt, fromage frais

Added sugars found in: cakes, biscuits and confectionary

- Try having smaller portions of carbohydrates
- Spread your carbohydrates during the day
- Choose high fibre foods that take more time to digest and result in a slower rise in blood glucose levels
- Combine your carbohydrates with protein foods, such as chicken, meat, eggs, fish or pulses to also slow down the absorption of glucose

Examples of slowly absorbed foods:

- Granary, seeded or stoneground breads, sourdough rye bread, or wholemeal pitta bread
- High fibre cereals such as porridge, Shredded Wheat, Weetabix.
- Basmati / wild rice or quinoa
- White / whole-wheat pasta
- New potatoes or sweet potatoes

Portion sizes of carbohydrates are very important in controlling blood glucose levels.

There might be a stage in pregnancy that the same portions you used to have are no longer tolerated leading to higher blood glucose levels. This is usually due to the increased hormone levels as the pregnancy progresses. If this happens please discuss it with your dietitian or midwife.

3. Eat Less Sugary Foods and Drinks

Aim to reduce the amount of added sugar you have. Try to choose food with less sugar per 100g of product.

Alternatives to foods high in sugar:

High Sugar Foods x	Alternatives to use ✓
Sugar, glucose, fructose	Artificial sweeteners, e.g. Canderel, Hermasetas, Stevia
Fruit squashes, lemonade, Ribena, Coca Cola	Sugar free squashes, diet drinks, slim-line drinks
Fruit yoghurts, low fat yoghurts	Diet fruit yoghurt, natural / Greek yoghurt
Jam, marmalade, syrup, honey	Reduced sugar jams / marmalades, pure fruit spreads
Sweet puddings, tinned fruit in syrup	Fruit tinned in natural juice sugar free jelly or dessert mixes
Honey / Chocolate / Sugar coated breakfast cereals	All Bran, rolled oats (porridge), oat-bran
Sweets and chocolates	Fresh fruit- 1 x portion at a time
Drinking chocolate, malted milk drinks, light Horlicks	Low calorie drinks e.g. Options, High Lights

After the Birth

Most women return to normal blood glucose levels after the baby is born. All women who have had gestational diabetes should be offered a fasting glucose test as well as lifestyle advice (including weight control, diet, and exercise) at their 6-week post-natal check with their GP. If blood glucose is normal, then the test should be repeated annually.

Having gestational diabetes means that you are more risk of developing diabetes later in life. To reduce this risk, it is important that you continue to eat a healthy diet and exercise regularly to help you achieve and maintain a healthy weight.

Further Information

Useful web addresses:

Diabetes UK
<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/pregnancy>

NICE guidelines - Diabetes in pregnancy
<https://www.nice.org.uk/guidance/ng3>

NHS Website
<https://www.nhs.uk/conditions/gestational-diabetes/>

Sugar free drinks may be taken freely throughout the day.

Food Safety

Follow food safety advice about liver, pate, fish, cheese, and unpasteurised milk. (See Food Standard Agency website).

Continue as normal with meat, poultry, fish, dried beans, tinned beans, and lentils.

Exercise

It is important to keep active during pregnancy. Research has shown that a short walk after meals can make a big difference in keeping blood glucose under control. Aim for 30 minutes of daily regular exercise; e.g. swimming, walking, aqua-aerobics. Yoga can also be beneficial, especially for relaxation. However, care should be taken not to suddenly take up strenuous exercise and if attending a class, always let the instructor know you are pregnant. Check with your Midwife or GP if you are unsure.

Different women gain different amounts of weight during their pregnancy, but this should not be more than 12 - 15 kilograms or 26 - 33 pounds over the whole of the pregnancy.

A good exercise programme can not only help your body prepare for the physical changes of pregnancy and labour but can make it much easier for you to get back into shape after your baby is born.

Chocolate biscuits, cream biscuits	Plain biscuits e.g. 1-2 x wholemeal crackers/crispbreads, Rich Tea, digestive, garibaldi
Rich cakes e.g. iced and chocolate cakes, gateaux.	Small slice: tea bread, currant loaf, malt loaf. Small wholemeal scone.

4. Fruit and Vegetables

Aim for 3 portions of fruit spread out evenly through the day and unlimited vegetables or salad.

A portion of fruit is: an apple, an orange, a pear, a small banana, 2 plums or similar sized fruit, or a handful of cherries or berries. Use fresh fruit, tinned fruit in natural juice or stewed fruit with added sweetener.

A portion of vegetables is approximately 2 tablespoons.

Note: Unsweetened fruit juice contains a lot of natural sugar and increases blood glucose levels. It should be **avoided** during pregnancy.

5. Snacks

- If you are hungry between meals, choose a low carbohydrate snack.
 - Examples: a portion of fruit, Greek yogurt, raw vegetables with hummus or cottage cheese, a handful of nuts or seeds, small bowl of unsweetened popcorn.

- For more options, please refer to the low carb/calorie snack list provided.

6. Diabetic Products

These can be expensive, offer no special health benefits and can have a laxative effect.

7. Fats

Although these do not have a direct effect on blood glucose, they are a concentrated source of energy and controlling their intake can help to avoid unnecessary weight gain which will help with blood glucose control.

- Foods can be grilled, steamed, baked, or microwaved rather than fried.
- Use less butter, margarine and oil and use sparingly.
- Make use of semi-skimmed or skimmed milk and the lower fat pasteurised cheeses.
- Eat lean cuts of meat and remove skin from chicken - consider pulses (e.g. chickpeas, lentils, kidney beans) as an alternative source of protein.
- Oily fish such as herring, mackerel, sardines, pilchards, trout or salmon are healthy and should be included once a week.

8. Calcium

Milk and cheese are a good source of calcium. Aim for 2 - 3 servings a day. A serving consists of a $\frac{1}{3}$ pint of milk, a small pot of yogurt or about 30gms (1 oz.) hard cheese.

Suggested Meal Plan

BREAKFAST	High fibre cereal / porridge or Seeded / granary bread or toast or egg (well cooked) / beans / cheese on toast
MID-MORNING	Small snack (if needed)
LIGHT MEAL	Lean meat, chicken, fish, beans, or cheese Small portion of bread, chapatti, pitta or potatoes, rice, or pasta Lots of vegetables or salad Greek or natural / diet yoghurt
MID-AFTERNOON	Small snack (if needed)
MAIN MEAL	Meat, chicken, fish, beans, or lentils Small portion of potatoes, pasta, rice, chapatti, noodles, or bread Lots of vegetables or salad Greek or natural / diet yoghurt
BEDTIME	Small snack (if needed)