

DIETARY GUIDELINES FOR PREGNANT WOMEN WITH GLUCOSE INTOLERANCE



Gestational diabetes mellitus (GDM) is glucose intolerance identified for the first time during pregnancy. Careful management of GDM is important to prevent pregnancy complications.

- Medical Nutrition Therapy is the first step in the management of this condition. A balanced diet with optimum calories is essential.
- The primary goal is to control blood glucose levels. This is done by controlling intake of carbohydrates and saturated fats.
- Excessive weight gain should be avoided. The recommendations for optimal weight gain during pregnancy are based on pre-pregnancy BMI.

Prepregnancy BMI	Total weight gain range in kg	Mean rates of weight gain (kg/wk) in 2 nd and 3 rd trimester
Underweight (< 18.5 kg/m ²)	12.5 – 18	0.51
Normal weight (18.5–24.9 kg/m ²)	11.5 – 16	0.42
Overweight (25.0–29.9 kg/m ²)	7 – 11.5	0.28
Obese (> 30.0 kg/m ²)	5 – 9	0.22

Ref : IOM Guidelines, Weight Gain in Pregnancy, 2009

The key factors in management of blood sugars are:

1. Meal timings
2. Quantity of food
3. Quality of food
4. Physical activity

General Guidelines

1. **Meal pattern:** Adhere to fixed meal times. Eat small frequent meals; The quantity of food eaten at a meal needs to be monitored. Follow a split meal pattern of eating.
 - ✓ Eat about every 3 hours.
 - ✓ Do not skip or delay meals to avoid low or high blood sugars.
2. **Watch your serving size!** The more you eat, the more likely you are to raise your blood sugar.
3. **Choose high fibre foods:**
 - ✓ Choose whole grains, fruits and vegetables each day to ensure adequate fibre intake. Include one serving of whole beans and legumes like moong, moth, chana, rajma, lobia, green peas etc.
 - ✓ Use of ragi, jowar, bajra and other millets is more beneficial than taking only rice and rice based products. Prefer brown rice.

- ✓ Always use whole-wheat flour or fibre enriched flour. Take a blend of wheat flour and soya bean flour or wheat flour and roasted channa flour in the ratio of 4 : 1.

4. Eat protein rich foods:

- ✓ Sources of protein for vegetarians are milk, curds, yoghurt, cheese, beans, pulses, soya nuggets, tofu and paneer.
- ✓ In addition to above, sources of protein for non-vegetarians are eggs, fish and chicken.
- ✓ It is preferable to use low fat milk, i.e. toned (3% fat) or double toned (1.5% fat) milk.

5. Include a variety of vegetables:

- ✓ Include plenty of green leafy vegetables – at least one serving per day.
- ✓ Include at least one vegetable salad daily. Salad vegetables include cucumber, tomato, carrot, peppers, lettuce.
- ✓ Preferred vegetables – spinach, cabbage, cauliflower, brinjal, capsicum, bottle gourd, ridge gourd.
- ✓ Limited quantities – peas, green beans, carrots, pumpkin, lady finger, onions, radish.
- ✓ Avoid potatoes, sweet potato, colocasia, beetroot, yam.

6. Eat fruits as a snack daily in limited quantities as prescribed by the nutritionist (Each serving in the list below provides 10g carbohydrates and 50 kcal).

Fruit	Qty (g)	Number /Size
Sweet lime	150	1 Medium
Orange	90	1 Small
Figs/Anjeer	135	5 Medium
Guava	100	1 Medium
Lemon or lime	90	1 Medium
Strawberries	100	4 – 5 Nos.
Plum	120	4 Medium
Apple	75	1/2 Medium
Peach	135	1 Medium

Fruit	Qty (g)	Number /Size
Pear	90	1 Medium
Water Melon	270	1 Large slice
Musk Melon	180	1 Med. slice
Jaamun Fruit	70	10 Big
Papaya	120	1 Med. slice
Pomegranate	75	2/3 rd of fruit
Kiwi	69	1 Medium
Tomato	240	4 Medium

7. Include nuts and oil seeds:

- ✓ Use nuts and oil seeds like til, flax seeds, almonds, walnuts and groundnuts in quantities as specified by the nutritionist in your diet plan.
- ✓ Use puffed bengal gram (putana) or vegetable chutney.
- ✓ Avoid pickles, coconut and groundnut chutneys.

8. **Cooking oil:** Total quantity of cooking oil to be used is 2 tablespoons (30 ml) per day. Preferably use groundnut, rice bran, til or soya bean oil.

9. **Fluids:** Include plenty of fluids; the minimum intake should be 2-3 litres per day. Drink tea and coffee in moderation.

10. Physical activity:

- ✓ Ensure adequate physical activity suitable or convenient to one's lifestyle for at least 45 minutes a day.
- ✓ The physical activity can be done in a short span of 10-15 minutes at a time, during the day, preferably half-an-hour after every meal.

Foods to Avoid

- X Sweets, chocolate, sugar, honey, jaggery, jams, jelly, soft drinks, icecreams.
- X Deep fat fried foods, chips, samosas, bajjis.
- X Bakery items and desserts like rolls, puffs, pizzas, burgers, biscuits, cakes, pastries, cookies etc.
- X All processed foods and maida products (vermicelli, noodles, white bread), papads, packed and tinned foods.
- X Bananas, mangoes, sapota, custard apple and grapes.
- X All fruit juices as well as dried fruits like dates, anjeer, raisins.
- X Roots and tubers like potato, sweet potato, beetroot, yam, colocasia.
- X Whole fat (full cream) milk.
- X Ghee, vanaspathi, salad dressings, mayonnaise.
- X Gravies made from coconut, khus khus, groundnut or kaju pastes.
- X All red meats like mutton, beef, pork and seafood like shellfish crabs, prawns.

Regular follow up is required throughout the pregnancy to monitor the blood sugars and weight gain.

For a detailed nutrition counseling and prescription by our team of nutritionists, call 040-40222397 for an appointment.
For any queries, please reach us at nutrition@fernandezhospital.com