

DIETARY GUIDELINES FOR PREGNANT WOMEN WITH GLUCOSE INTOLERANCE



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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

- ✗ Sweets, chocolate, sugar, honey, jaggery, jams, jelly, soft drinks, icecreams.
- ✗ Deep fat fried foods, chips, samosas, bajjis.
- ✗ Bakery items and desserts like rolls, puffs, pizzas, burgers, biscuits, cakes, pastries, cookies etc.
- ✗ All processed foods and maida products (vermicelli, noodles, white bread), papads, packed and tinned foods.
- ✗ Bananas, mangoes, sapota, custard apple and grapes.
- ✗ All fruit juices as well as dried fruits like dates, anjeer, raisins.
- ✗ Roots and tubers like potato, sweet potato, beetroot, yam, colocasia.
- ✗ Whole fat (full cream) milk.
- ✗ Ghee, vanaspathi, salad dressings, mayonnaise.
- ✗ Gravies made from coconut, khus khus, groundnut or kaju pastes.
- ✗ 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 +91 40 40222397 for an appointment.

For any queries, please e-mail us at nutrition@fernandez.foundation