

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 & 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

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.

WATCH YOUR SERVING SIZE!

- ✓ The more you eat, the more likely you are to raise your blood sugar.

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.

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.

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.

EAT FRUITS

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	2/3rd of fruit
Kiwi	69	1 Medium
Tomato	240	4 Medium

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.

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.

FLUIDS

Include plenty of fluids; the minimum intake should be 2–3 litres per day. Drink tea and coffee in moderation.

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 **+91 40 4022 2397** for an appointment. For any queries, please e-mail us at **nutrition@fernandez.foundation**