

Agreed action plan for dietary change: *This leaflet should only be used with the ongoing advice from your Diabetes Team, as part of your plan of care.*

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Where to get help:

Your Diabetes team contact-

Name:.....



Your Midwifery Team contact-

Name:.....



Local Hospital Contact No.-

Name:.....



Other support contact details:

Name:.....



Internet:

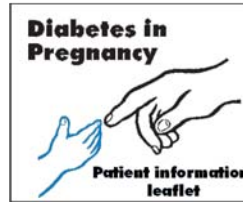
www.diabetes.org.uk

www.eatwell.gov.uk for food safety and pregnancy

Diabetes in Pregnancy Advisory Group



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June 2010 (Version 6.1)



Healthy Eating

What is healthy eating for diabetes and pregnancy?

- Eat 3 regular meals a day
- Eat at least 5 portions of fruit and vegetables daily
- Eat starchy carbohydrate foods, especially those high in fibre, at each meal
- Eat foods mainly from the four main food groups underlined

Fruit & vegetables

Bread, cereals, potatoes & other starchy foods



Meat, fish & alternative protein foods

Fatty & Sugary foods

Milk & dairy

- Avoid sugar and sugary foods and drinks
- Limit foods and drinks high in fat and salt

Food safety in pregnancy

Avoid:

- liver; all pates; uncooked meats
- raw or undercooked eggs
- mould ripened cheeses e.g. brie, camembert, goats; blue veined cheeses e.g. Stilton
- unpasteurised milk and cheeses
- supplements containing vitamin A.
- shark, marlin, swordfish, raw shellfish

Caution:

- Limit caffeine to 200mg daily (eg 2 mugs coffee or 4 cups tea or 5 cans Diet pop). Try decaffeinated versions
- limit tuna to 2 steaks or 4 medium cans per week
- limit oily fish to 1-2 portions a week at the most
- ensure all ready meals are reheated until piping

Weight gain in pregnancy

Excessive weight gain in pregnancy will not be lost after the birth.

Total weight gain should be 10 -12kg (1 ½ - 2 stone). If your body mass index (BMI) is 30 or more you should aim to limit your weight gain to around 7 kg (1 stone).

Alcohol and pregnancy

Alcohol should be avoided in pregnancy.

If you do choose to drink have no more than 1 or 2 units once or twice a week

Choosing healthy foods

Meat, fish and alternatives

Eat twice a day

- Good for protein and minerals especially iron
- Red meat e.g. beef, lamb, pork is rich in iron. Cut off any fat before cooking
- If you cannot eat meat, eat pulses e.g. lentils, dahl, beans several times a week for iron



Includes all types of meat, poultry, fish, eggs, beans, lentils, dahls, nuts, Quorn, tofu, soya

Oily fish (e.g. mackerel, salmon, pilchards) are rich in omega 3. This is good for the heart and your developing baby. Have one portion of oily fish a week

Foods containing fats and sugars

Eat these only occasionally and in small amounts

- Sugary foods (eg sweets, chocolate, cake, biscuits, icecream) and drinks will cause high blood glucose levels
- Always have sugar-free drinks
- Choose low fat versions where possible



Healthier fats to choose for heart health:

- Oils – rapeseed, olive, groundnut
- Spreads – olive or sunflower based

Remember they do contain the same calories as butter so use sparingly!

Choosing healthy foods

Starchy Carbohydrate foods

Tip: Choose **low GI** types of carbohydrate foods (see table on opposite page)



Eat a moderate amount with each meal

- Good for energy, vitamins, minerals and fibre
- Includes breads, cereals, pasta, rice, potatoes, flour, chapattis, yam, green banana
- High fibre versions will fill you up better and help prevent constipation

Your body turns carbohydrate foods into glucose so they will affect your blood glucose levels.

You need to be careful about the portion sizes you eat. A Dietitian will guide you.

Target blood glucose reading 1 hour after food is less than 7.8 mmol/l

Artificial sweeteners

These can be useful and are safe in normal amounts. Tablet forms include Canderel, Sweetex, Hermesetas. Granulated forms are Canderel Spoonful and Splenda

Reading food labels

Foods labelled as 'Sugars 5g or less per 100g' are low in sugar

Glycaemic (GI) index

Carbohydrate foods are turned into glucose (sugar) at different speeds and may increase blood glucose levels more quickly (high GI) or less quickly (**low GI**) than simple glucose would.

Eating **lower GI** foods more often will give better blood glucose control than high GI foods, **but care must also be taken with the quantity eaten.**

The table below gives the GI rating for the most common foods:

Higher GI foods	Lower GI foods
All white and brown bread	Granary, wholegrain or seeded bread Rye/pumpernickel bread
Potatoes – mash, baked	Potatoes – new (boiled in skins) Sweet potato (peeled and boiled)
Rice – white	Basmati rice, brown rice (steamed)
Most breakfast cereals Maize meal porridge	Porridge oats, low sugar muesli Special K, All bran
Most biscuits Rice cakes/crackers	Rich Tea, oatcakes, oatmeal biscuit
Glucose Sweetened fizzy drinks Fruit juices	Pasta, noodles, bulgar wheat Nuts Beans, lentils, peas, dahls