

TIPS TO HELP AVOID HIGH BLOOD SUGARS IN PREGNANCY

Here are some Recommendations to follow:

1. Eat balanced meals
2. Eat 3 meals per day, with a small snack at bedtime
3. Eat smaller portions of potatoes, corn, rice, cereal and pasta (one fist)
4. Include protein foods such as meat/fish, eggs, cheese, peanut butter, or beans/peas/lentils at meals & snacks
5. Eat fruit up to 3 times per day, 1 serving at a time
 - i. 1 serving of fruit: a medium apple, orange or pear
 - ii. 1 cup blueberries or 2 cups strawberries
 - iii. ½ banana
 - iv. 15 grapes
6. Eat lots of vegetables like broccoli, cauliflower, carrots, celery, cucumber and salad
7. Drink milk (up to 3 cups per day) and eat yogurt and cheese
8. Help lower blood sugars by walking and being physically active (30 minute walk for example)
9. Avoid sugary drinks like fruit juice/punch, slurpees, iced tea, regular soda/pop. Try MIO, Crystal light, diet soda, diet kool aid instead.
10. Avoid fries, chips, dessert, and sweets
11. Avoid using white sugar, brown sugar, and honey in tea/coffee or in foods

Refer to the Diabetes Food Guide for carbohydrate servings. Speak with a Registered Dietician for individual counselling and dietary recommendations

Visit www.diabetes-pregnancy.ca for more information