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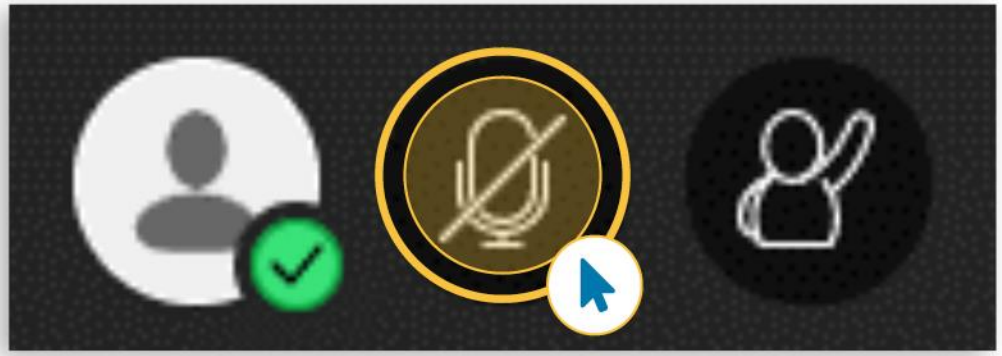
Gestational Diabetes

Virtual Workshop

Welcome!

We will begin shortly.



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Discover Life Care Planning

•It is important now more than ever, to capture your goals, values, and treatment preferences in an Advanced Health Care Directive, which can be scanned into your medical record.

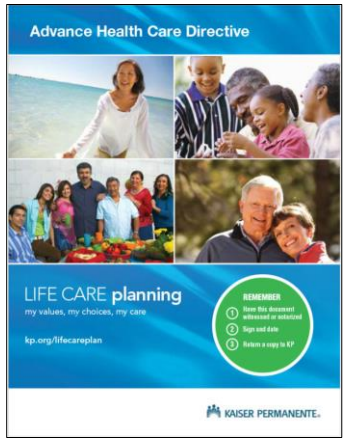
•You will learn the 4 important qualities of identifying a health care decision maker & discussing with your chosen health care decision maker your values and treatment preferences, so that he/she can communicate for you if you were injured and unable to communicate.

•Do you know who this person would be?

•**To learn more:**

- **Visit** kp.org/lifecareplan
- **Call to register** for a Life Care Planning Workshop

•Center for Healthy Living
•619-641-4194



DOWNLOAD a copy of the Advance health Care directive

Welcome!
Let's talk about....

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- The importance of blood sugar control
- Carbohydrates & Meal Planning
- How to check blood sugar
- What to do if blood sugar is high
- How to have a healthy pregnancy and baby
- How to be healthy after the baby is born

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What is gestational diabetes?

- Type of diabetes you get during pregnancy
- Problem with how your body uses food for energy
- Caused by hormones that your placenta makes
- Makes your blood sugar go too high

Normal Process

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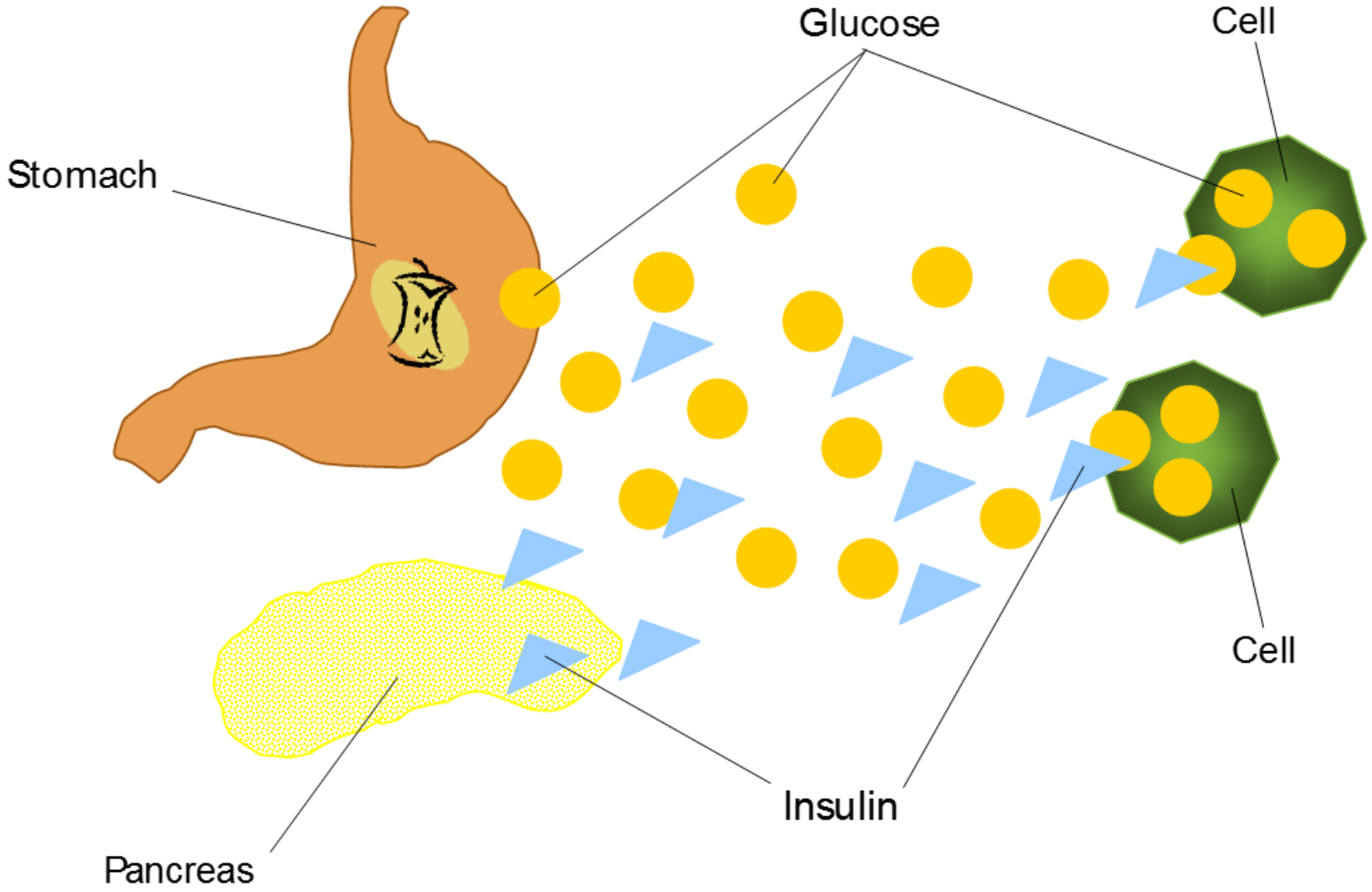

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Are you struggling with your new diagnosis of Gestational Diabetes?

- Are you feeling stressed and overwhelmed with how to balance your life and diabetes care?
- Shelly Jaffe LCSW

  (619) 641-2470

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High blood sugar can affect your baby

- Large birth size
- Low blood sugar postpartum
- Breathing problems
- Jaundice
- Stillborn (rare)

How high blood sugar can affect you

- Difficult labor
- C-section
- High blood pressure
- Infections
- Preterm labor
- Risk for future diabetes

How often should I test my blood sugar?

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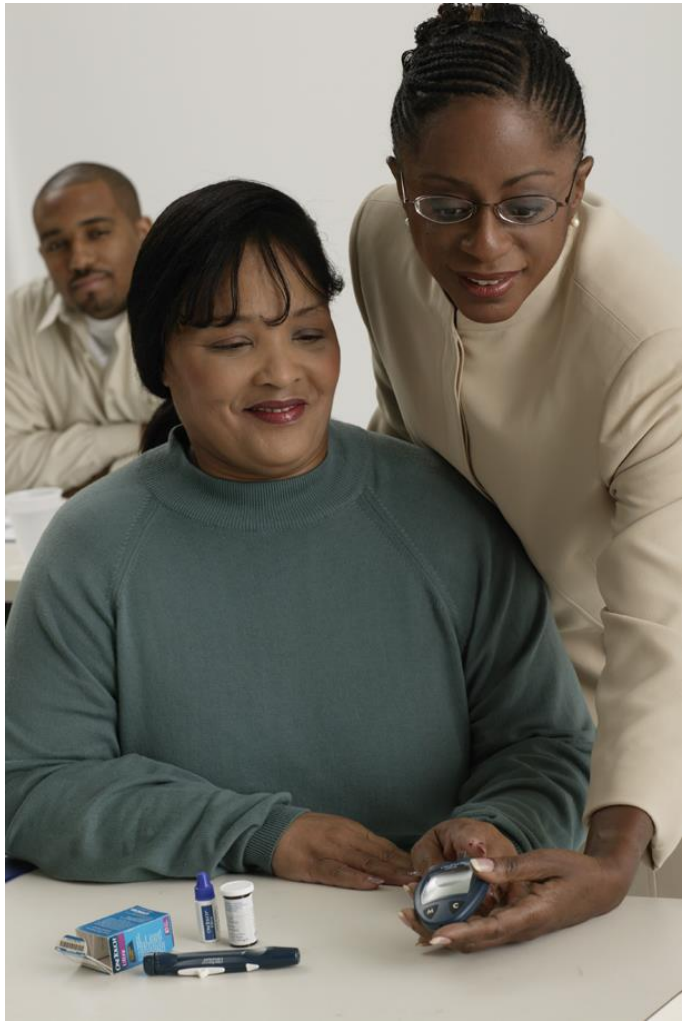
- *Four times a day:*
- Before breakfast
- 1 hour after breakfast
- 1 hour after lunch
- 1 hour after dinner



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What should my blood sugar be?

- Before breakfast:
  Below 95
- 1 hour after meals:
  Below 135

Tools to help you control your blood sugar

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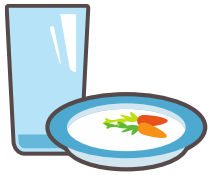
Follow meal plan

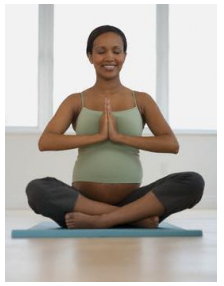


Be active and exercise

Check blood sugar

Take medicine if needed

Manage stress



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NUTRITION – 3 Macronutrients

- Carbohydrates: essential for energy
  - WILL RAISE blood sugars
  - OMIT simple sugars (concentrated sweets)
- Proteins: essential for baby development
  - Will NOT raise blood sugars
- Fats: metabolize fat-soluble vitamins
  - Will NOT raise blood sugars

Food Groups

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- Carbohydrate containing Food Groups
  - Starch:1 serving = 15 grams carbohydrate
  - Fruit: 1 serving = 15 grams carbohydrate
  - Milk/yogurt: 1 serving = 15 grams carbohydrate
- Everything else
  - Non-starchy Vegetables: negligible carbs
  - Meat/Meat Substitutes (Protein): 0 carbs
  - Fats: 0 carbs

Starches :15 grams of Carbohydrates

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Bread (loaf-type)	Bun (hot dog, hamburger)	Roll (plain)	Pasta (cooked)	Tortilla (corn, flour)	Rice, quinoa, couscous (cooked)
1 slice	**½**	**1 small**	**⅓ cup**	**1** (6 inches)	**⅓ cup**

Bagel	Cold cereal (unsweetened)	Granola	Pancake or waffle	Biscuit	Oatmeal, grits (cooked)
¼ large	**¾ cup**	**¼ cup**	**1** (4 inches)	**1** (2½ inches)	**½ cup**

Taro	Potato (mashed or baked)	Peas (green)	Sweet potato, yam (plain)	Corn	Squash (acorn, butternut)
⅓ cup	**½ cup** or **½ medium**	**½ cup**	**½ cup**	**½ cup** or **½ large cob**	**1 cup**

Fruit: 15 grams of Carbohydrates

Apple	Banana	Mango	Grapes (small)	Grapefruit	Cherries	Pineapple (fresh)
1 small	**½ banana** (4 inches)	**½ small**	**½ cup**	**½ large**	**12**	**¾ cup**

Orange, nectarine, peach (fresh)	Raspberries	Blueberries	Strawberries (whole)	Raisins	Canned fruit in juice
1 small	**1 cup**	**¾ cup**	**1¼ cups**	**2 tablespoons**	**½ cup**

Legumes and Dairy: 15 grams of Carbohydrates

Baked beans (canned)	Lentils (cooked)	Beans (cooked or canned)	Peas (black-eyed)	Hummus	Refried beans (fat-free or vegetarian)
⅓ cup	½ cup	½ cup	½ cup	⅓ cup	½ cup

Fat-free, low-fat milk (cow's, lactose-free, rice, sweetened soy)	Fat-free plain or Greek yogurt* (may be artificially sweetened)
1 cup	⅔ cup

Protein

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Fats

Healthy Eating

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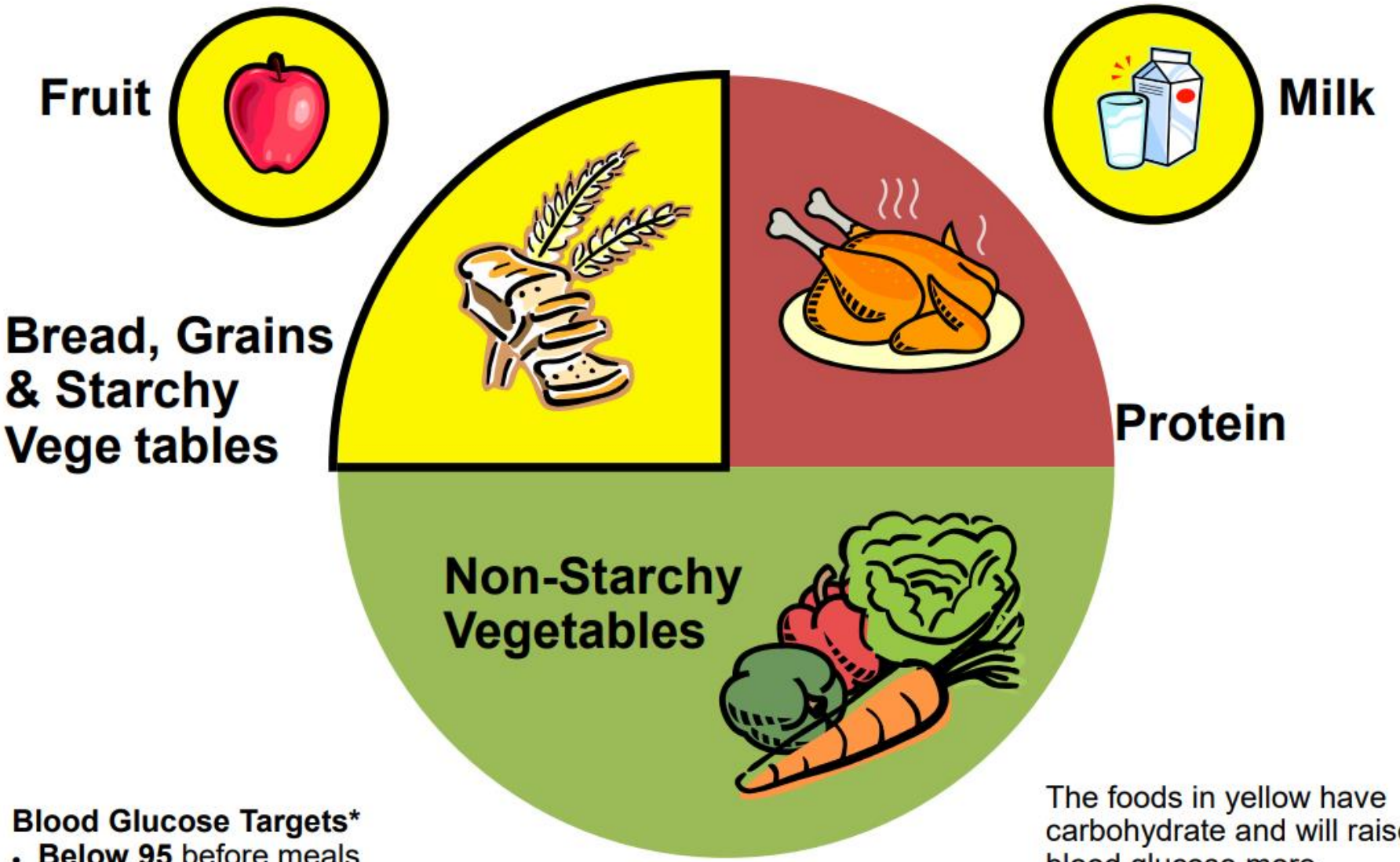
- Vegetables (non-starchy)
- Fruits
- Grains and Starches
- Milk/Yogurt
- Lean Protein
- Healthy Fats

Plan Your Plate



Blood Glucose Targets*

- **Below 95** before meals
- **Below 135** 1 hour after meals

The foods in yellow have carbohydrate and will raise blood glucose more.

Serving Sizes

← One serving is 15g of Carbohydrates → ← These foods are much lower in carb →

Bread, Grains, and Starchy Vegetables	Fruit	Milk	Non-Starchy Vegetables	Protein	Fat
1 serving =	**1 serving =**	**1 serving =**	**3-6 servings/day**	**Include with each meal**	**Use small amounts**
1/4 of a large bagel	1 small piece of fruit: • apple • pear • peach • orange	8 oz. milk	1 serving= 1cup raw or 1/2 cup cooked	Chicken	Olive oil
1 slice of bread	1/2 banana	6 oz. yogurt (artificially sweetened)	Asparagus	Turkey	Canola oil
1/2 hamburger or hotdog bun	1/2 mango	12 oz. soy milk	Green beans	Fish	Avocado oil
1/2 English muffin	1 cup melon cubes: • cantaloupe • honeydew • watermelon • papaya		Beets	Pork	Peanut oil
1/2 large biscuit	1 cup berries: • strawberries • blueberries • raspberries		Broccoli	Beef	Mayonnaise
5-6 low salt crackers	12-15 grapes or cherries		Brussels sprouts	Shellfish	Salad dressing
4 inch pancake or waffle	1/2 cup canned fruit in light syrup or juice		Cabbage	Cheese	Nut butter
1/3 cup rice or pasta (cooked)	2 Tbsp. raisins		Carrots	Cottage cheese	Nuts and seeds
1/2 oatmeal (cooked)	3 prunes		Cauliflower	Plain Greek Yogurt	Avocado
3/4 cup dry unsweetened cereal	4 oz. (1/2 c.) fruit juice		Celery	Nut butter	**Moderation:**
1/2 cup bran cereal			Cucumbers	Nuts and seeds	Bacon
12-15 chips			Greens	Eggs	Sausage
1/2 medium potato			Lettuce	Tofu	Butter
1/2 cup mashed/ boiled potato			Mushrooms	Tempeh	Cream
1/2 cup beans/peas (cooked)			Okra	Edamame	Cream cheese
1/2 cup peas			Onions		Gravy
1/2 cup corn			Peppers		Sour cream
3 cups popcorn (popped)			Radishes		
			Squash		
			Spinach		
			Tomatoes		

Exchange list

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FOOD GROUPS- WHAT MAKES A SERVING?

A healthy diet includes choices from each food group:

- Vegetables
- Fruits
- Grains and starches
- Milk, yogurt
- Lean protein
- Healthy fats

Grains and Starches	
Carbohydrates per serving	**15 grams**
Calories per serving	**80 calories**
Example	**Serving Size**
Bagel, 4-6 inches	1 ounce or ¼ of a regular sized bagel
Barley, cooked	1/3 cup
Bran, oat, dry	¼ cup
Bran, wheat, dry	½ cup
Bread, whole-grain preferred	1 slice
Cereal, dry, unsweetened	¾ cup
Cereal, hot, cooked(cream of wheat, grits, oatmeal)	½ cup
Cereal, puffed, unfrosted	1 ½ cups
Couscous, cooked	1/3 cup
English muffin	½

Review Meal Plan: 1800 or 2000 Calories

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TOTAL DAILY SERVINGS OR EXCHANGES

3 MILK	4 VEGETABLE
2 FRUIT	8 MEAT OR SUBSTITUTE PROTEIN FOODS
8 STARCH	6 FAT

BREAKFAST	SERVINGS	Grams of CHO	ITEMS
MILK	0		
FRUIT	0		
STARCH	1	15 grams CHO	1 SLICE WHOLE GRAIN TOAST or ½ CUP OATMEAL
PROTEIN	1		1 EGG
FAT	1		1 TEASPOONS MARGARINE
BEVERAGE			WATER or TEA
SNACK			
STARCH	1	15 grams CHO	3 RYE KRISP CRACKERS
PROTEIN	1		1 OUNCE STRING CHEESE
LUNCH			
MILK	1		8 OUNCES NON-FAT MILK
FRUIT	1		SMALL ORANGE
STARCH	1	60 grams CHO	2 SLICES WHOLE GRAIN BREAD
VEGETABLE	1-2		LETTUCE AND TOMATO, CARROT STICKS
PROTEIN	2		2 OUNCES TURKEY or OTHER LEAN MEAT
FAT	2		2 TEASPOONS MAYONNAISE
BEVERAGE			
FREE FOOD AS DESIRED			
SNACK			
MILK	1	30 grams CHO	8 OUNCES NON-FAT MILK or NON-FAT “LIGHT” YOGURT
STARCH	1		1 SLICE WHOLE GRAIN BREAD
PROTEIN	1		1 TBSP PEANUT BUTTER or ¼ CUP OF NUTS
DINNER			
MILK	0		
FRUIT	1		½ BANANA
STARCH	2	45 grams CHO	2/3 CUP PASTA or 1 CUP STEAMED RED POTATOES
VEGETABLE	2		1 CUP BROCCOLI
PROTEIN	3		3 OUNCES CHICKEN, FISH or LEAN MEAT, NOT FRIED
FAT	2		2 TEASPOONS MARGARINE
BEVERAGE			WATER or ICED TEA
FREE FOOD AS DESIRED			LETTUCE SALAD, FAT FREE ITALIAN DRESSING
SNACK			
MILK	1	30 grams CHO	8 OUNCES NON-FAT MILK
STARCH	1		1 SLICE WHOLE GRAIN BREAD
PROTEIN	1		1 TBSP PEANUT BUTTER
FAT	1		INCLUDED IN PEANUT BUTTER

Beverages

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- Water
- Coffee / Tea
  - Limit of 12 oz caffeinated
- Milk / milk substitutes
- Avoid
  - Juice
  - Shakes / smoothies
  - Sugary Drinks
  - Diet drinks

- Processed Sweeteners
  - Stevia
  - Splenda
  - Equal
- Limit of 2 servings daily
  - 8 oz beverage
  - 1 packet
  - 1 single serving yogurt

Meal Planning & Spacing

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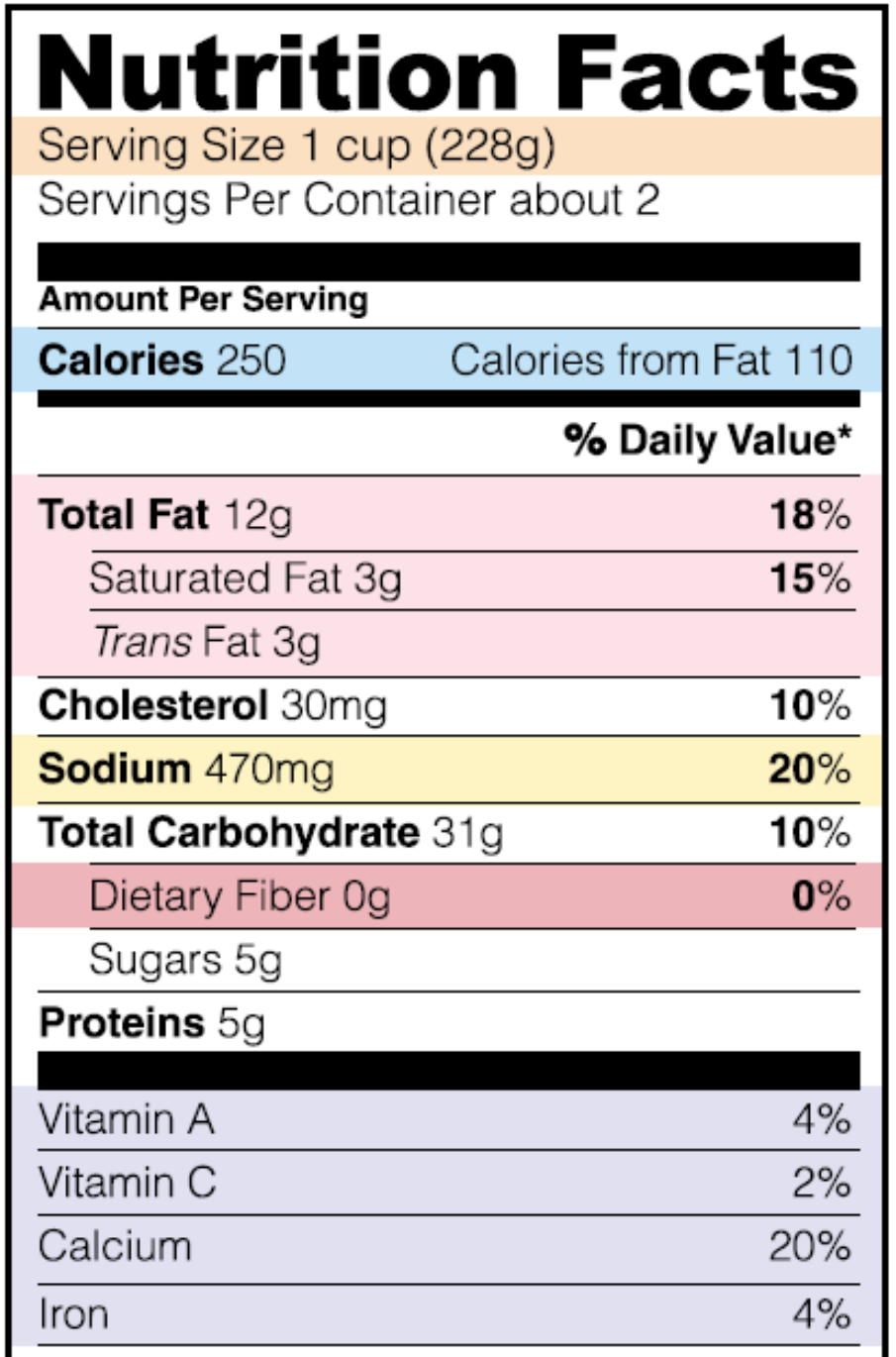
- Eat 6 times per day
- Breakfast w/in 1 hour waking up
- Bedtime snack 30 minutes before bed
- Notice, only 1 fruit serving or 1 milk serving at a time
- NO fruit or milk before lunch-time meal
- Sample menu

Reading the food labels

- Serving size
- Calories
- Saturated fat = 2 grams or less per serving
- Trans fat = 0 grams per serving
- Carbohydrates
- Sodium
- Fiber



Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container about 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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Creating a Healthy Plate

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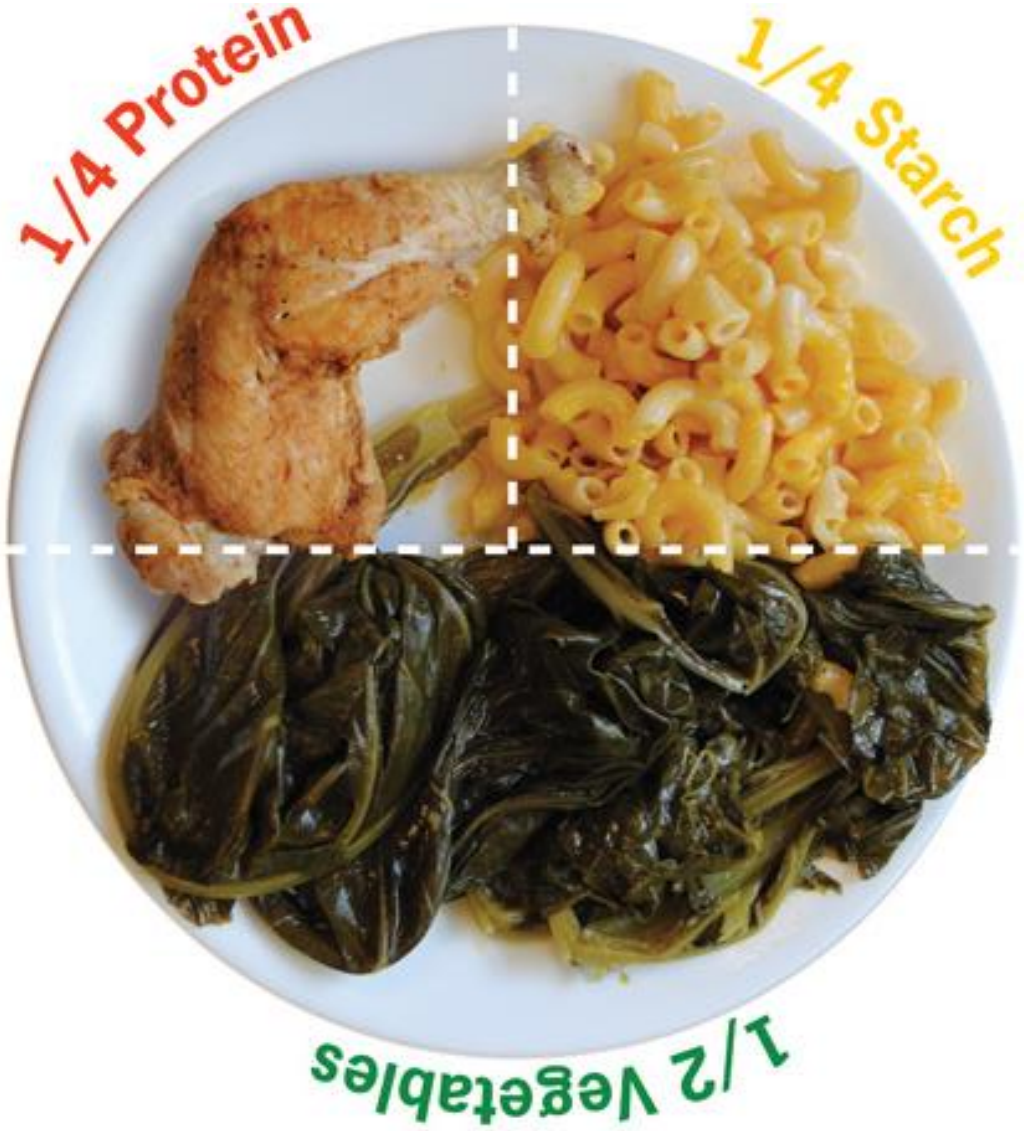
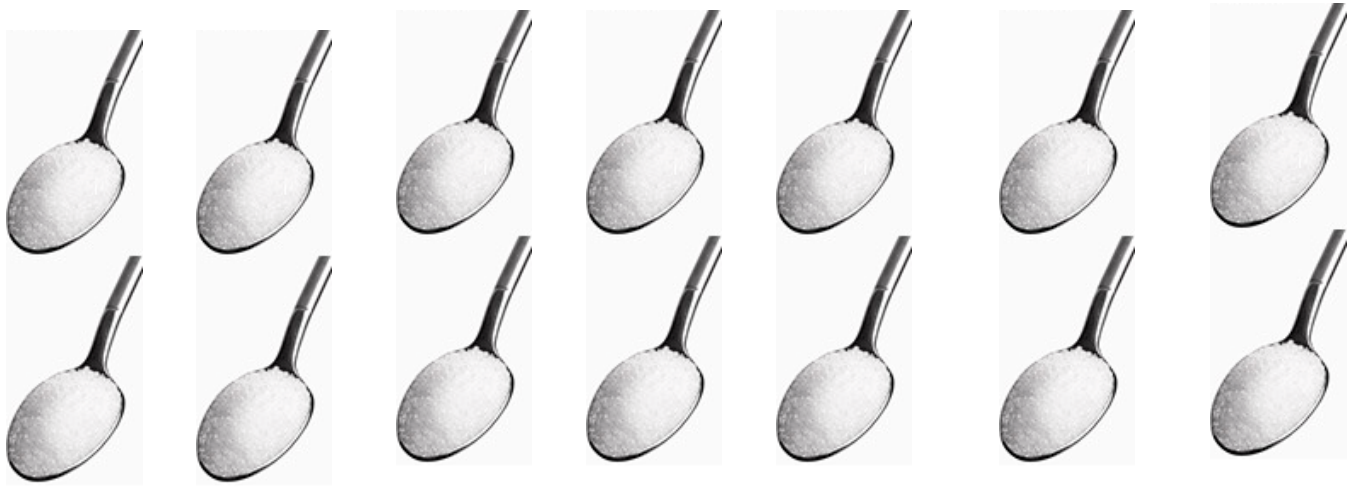


Eating Out

How many carbohydrates are in a 16oz. Caramel Frappuccino?

60 grams total CHO



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How many carbohydrates?

- Orange Chicken Meal
  - 1400 calories
  - 155 grams carb.

What can elevate Blood Sugar?

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- Foods and beverages
- Stress
- Medications
- Illness

What if my blood sugar is high?

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- Go for a moderate walk
- Review what you ate

- Call Perinatal Case Manager (858)-266-6710 if:
  - Your blood sugar is higher than the target three times or more in one week
  - Your blood sugar is ever more than 200

What if my blood sugar is low?

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If blood sugar is less than 70 and you feel shaky, sweaty or anxious take:

1 cup milk OR
½ cup fruit juice OR
½ cup regular soda

- If blood sugar is between 60 – 70 and you feel normal: eat your next scheduled meal or snack

Exercise – lowers blood sugars & helps to limit weight gain

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Exercise recommendation

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- Walking, swimming, low impact aerobics
- 20 - 30 minutes
- Each day

Exercise precautions

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- Keep it moderate
- Drink water
- Wear good walking shoes
- Stop exercising if contractions start

Call Labor and Delivery if they don't stop within one hour or if you have vaginal bleeding

(858)-266-3350

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How to be healthy after the baby is born

Breastfeeding

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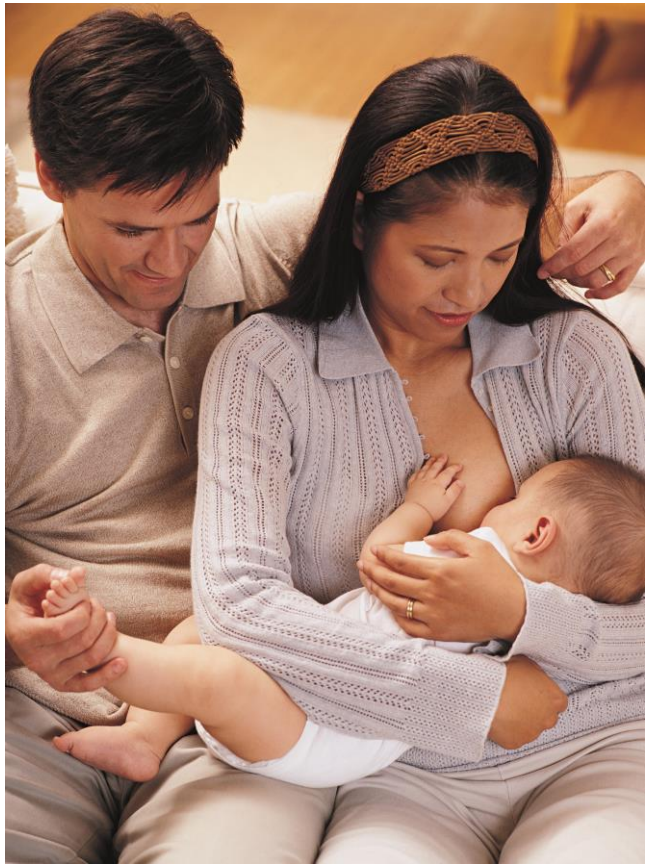
- Helps lower your blood sugar
- Helps you lose weight
- Helps you prevent diabetes later
- Helps protect baby from obesity and diabetes



Virtual Classes
619-641-4194

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- Breastfeeding
- Baby Care Basics
- Maternity Tour
- Childbirth Prep (6 weeks $96)

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After you go home

- Keep weight normal after pregnancy – *Breastfeeding helps!*
- Have fasting blood sugar checked 1 week before your 6-week postpartum visit

Future pregnancies

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- 50% chance you will have GDM again
- Have blood sugar tested before planning to become pregnant

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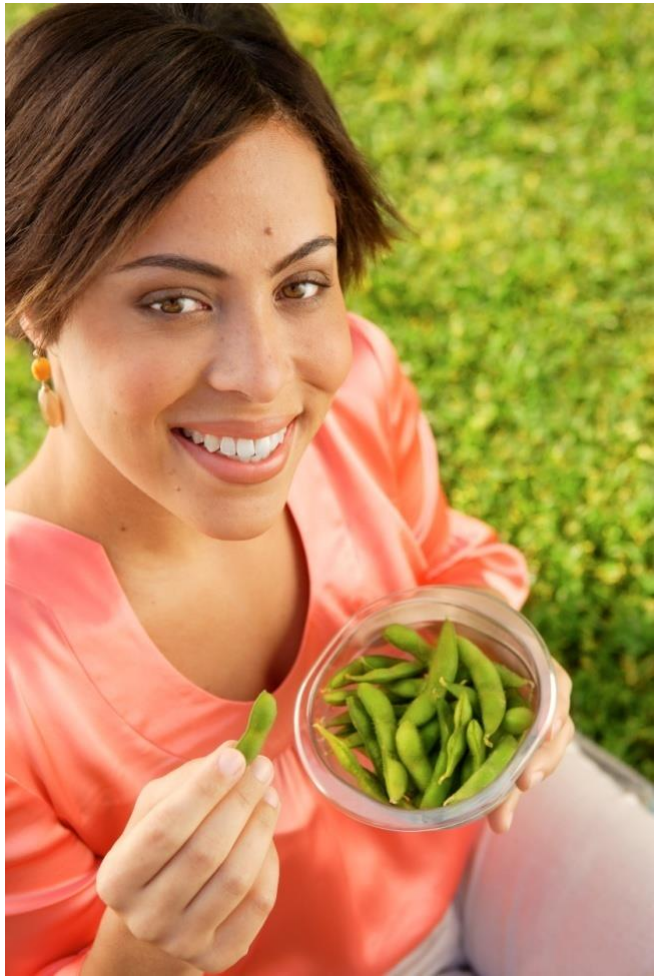
Preventing type 2 diabetes

- Keep healthy weight
- Eat healthy diet
- Get regular exercise
- Attend Healthy Balance program
- Have blood sugar test once a year



Learning to check your blood sugar

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Learning to check your blood sugar

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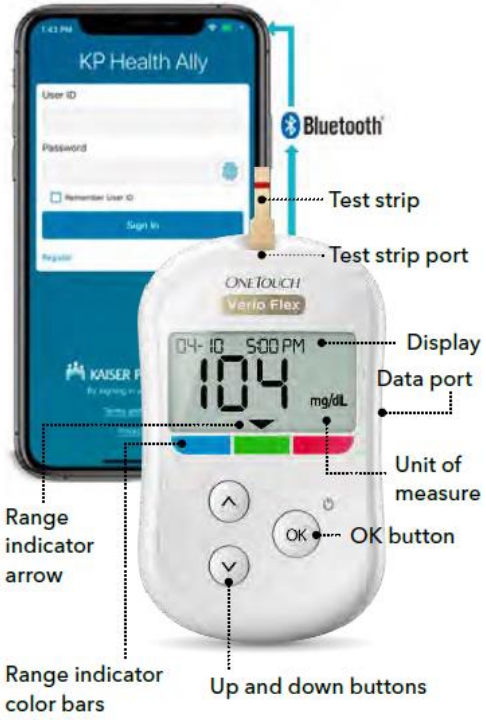
- What to get from the pharmacy?
  - Blood glucose kit (meter and lancing device)
  - Test strips
  - Control solution
  - Lancets (needles)
  - Sharps container and blood sugar diary (optional)
- Setting up your meter
  - Online tutorial
  - OneTouch customer service
  - 1-800-227-8862
  - Preset goal Range Indicator don't apply- remember gestational diabetes goals are different.
  - Read the number and add to your blood sugar log.



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Sharp Disposal

Department of Environmental Services - San Diego

- **858-694-7000**

Continuing Education

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EMMI ONLINE PROGRAMS

You may receive an email or letter with instruction to complete an online educational program.

Thank you for joining us!

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