

WELCOME TO

Gestational Diabetes

We will begin shortly.



Use the Zoom mobile
or desktop app.

- ☒ Make sure you have a strong internet connection.
- ☒ Minimize all other apps and programs.
- ☒ Turn up your volume.



By default, you may have
been placed on mute.



During the workshop,
please mute your audio
unless you have a
question.

Participant Experience



Mobile

App	Web Browser
✓	✓
✓	
✓	
✓	
✓	

(for example, Safari)



Desktop/Laptop

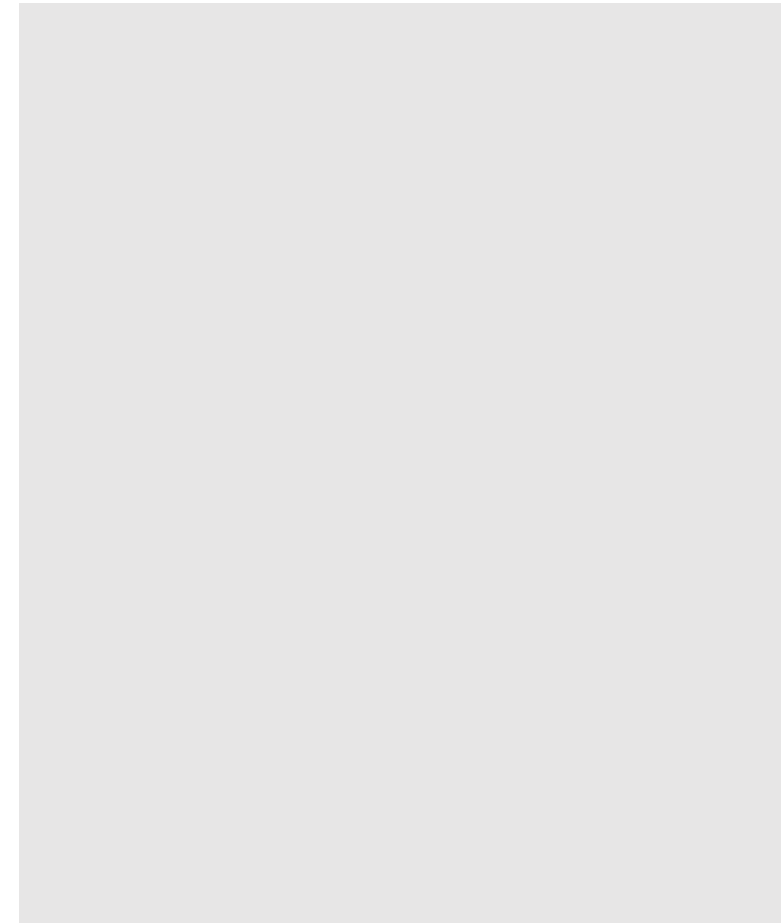
App	Web Browser
✓	✓
✓	
✓	✓
✓	
✓	✓

Gestational Diabetes

Center for Healthy Living
619-641-4194



Your Presenter



Participating in Zoom



Your microphone



Share reactions



Your camera



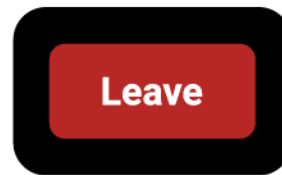
Raise hand



Chat window



Closed captions

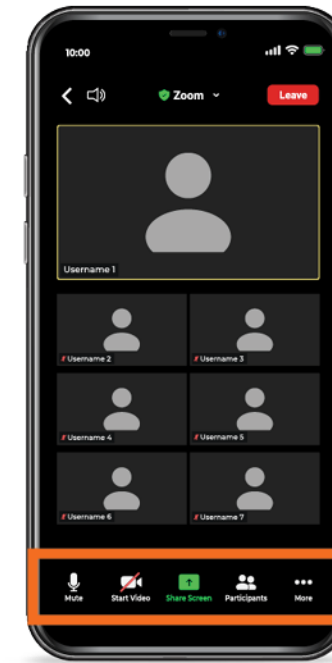


Leave

Controls toolbar



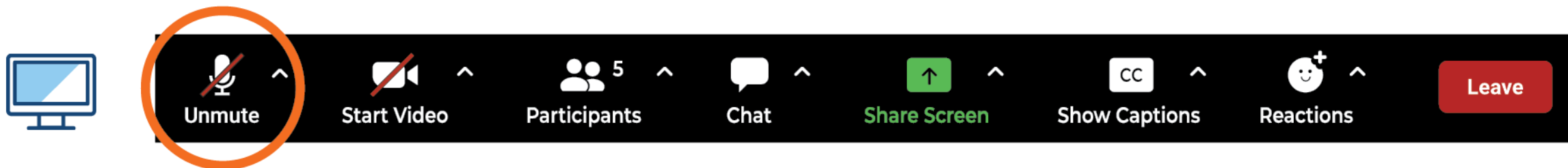
Desktop



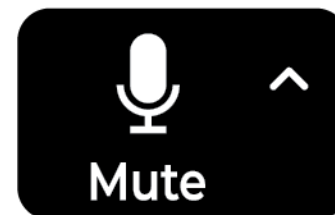
Smartphone

Controls toolbar

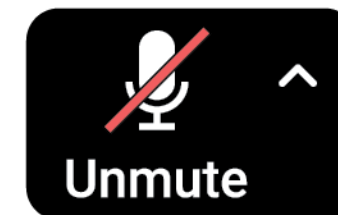
Your microphone



» Click or tap on icon



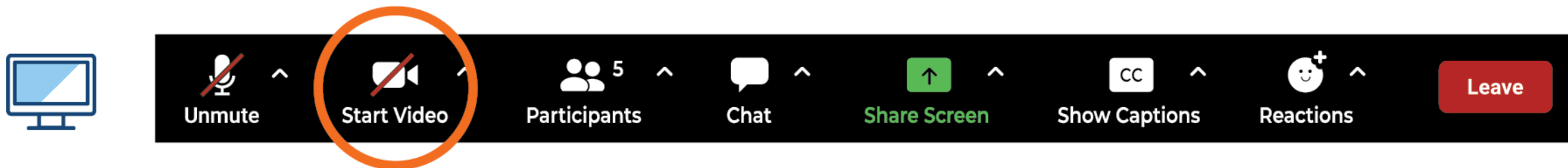
on



off

Controls toolbar

Your camera



» Click or tap on icon



on

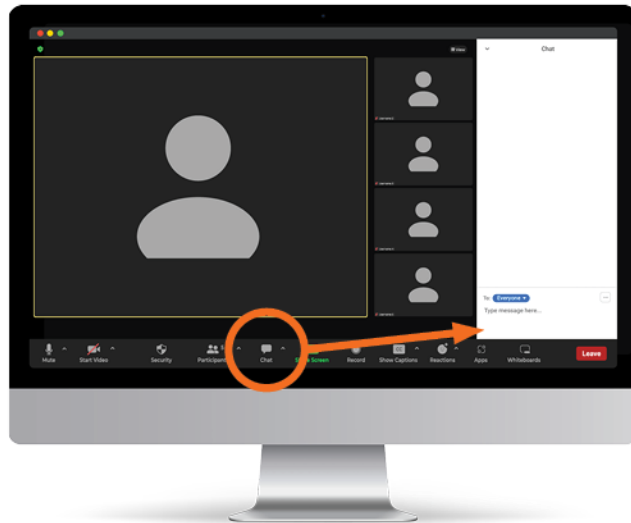


off

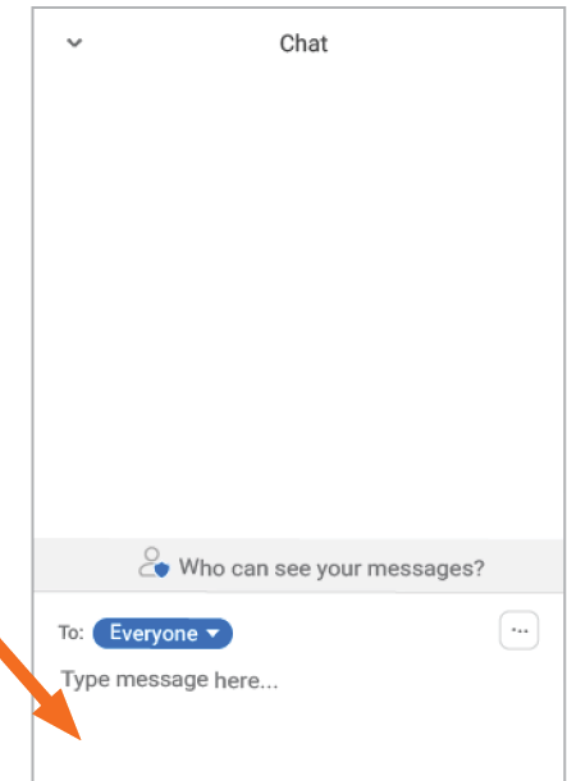
Controls toolbar

Chat (desktop or laptop)

1 Click on  to open the chat window



2 Type your message, then hit **enter** or **return**



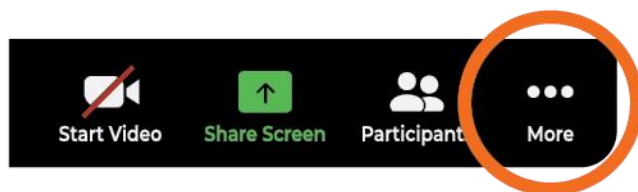
Controls toolbar

Chat (iOS or Android)

1 Tap 

— OR —

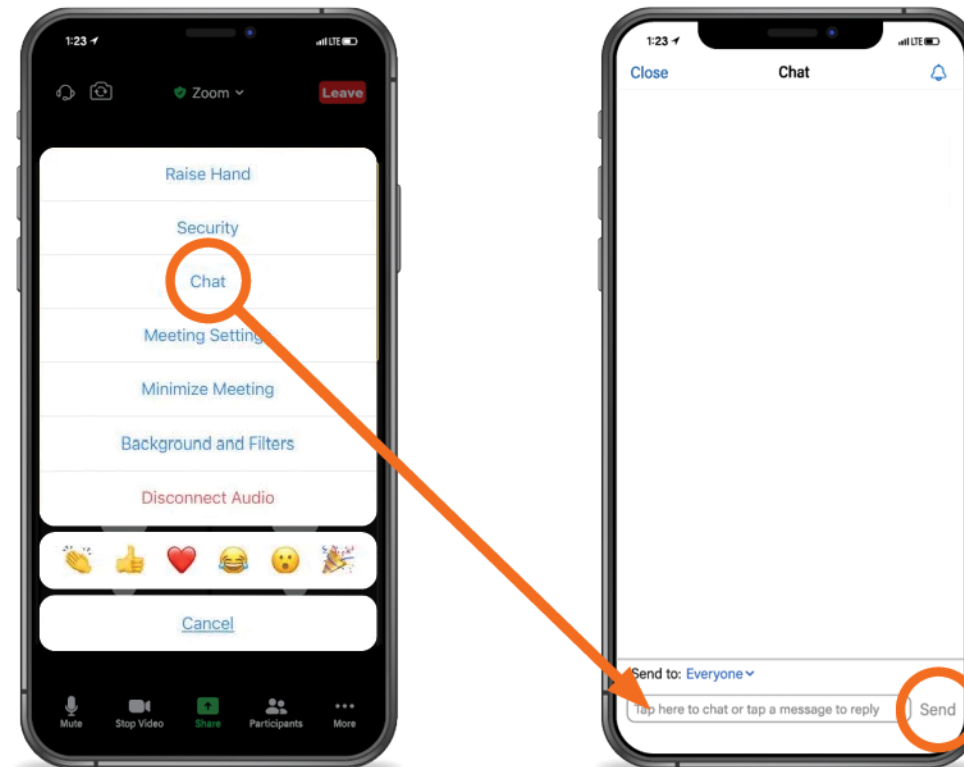
Tap **More**,
then tap **Chat**



Controls toolbar

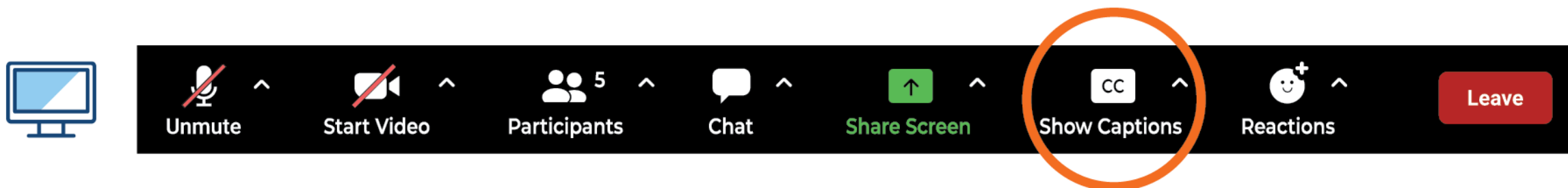
Chat (iOS or Android)

2 Type your message, then tap **enter** or **return**



Controls toolbar

Closed captions

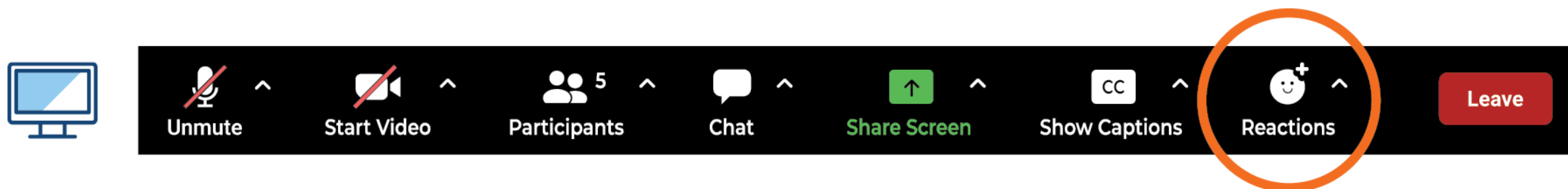


» Click on icon to **show/hide** captions

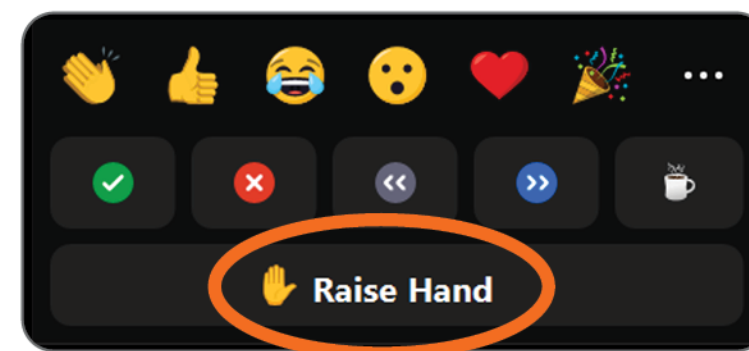


Controls toolbar

Raise your hand

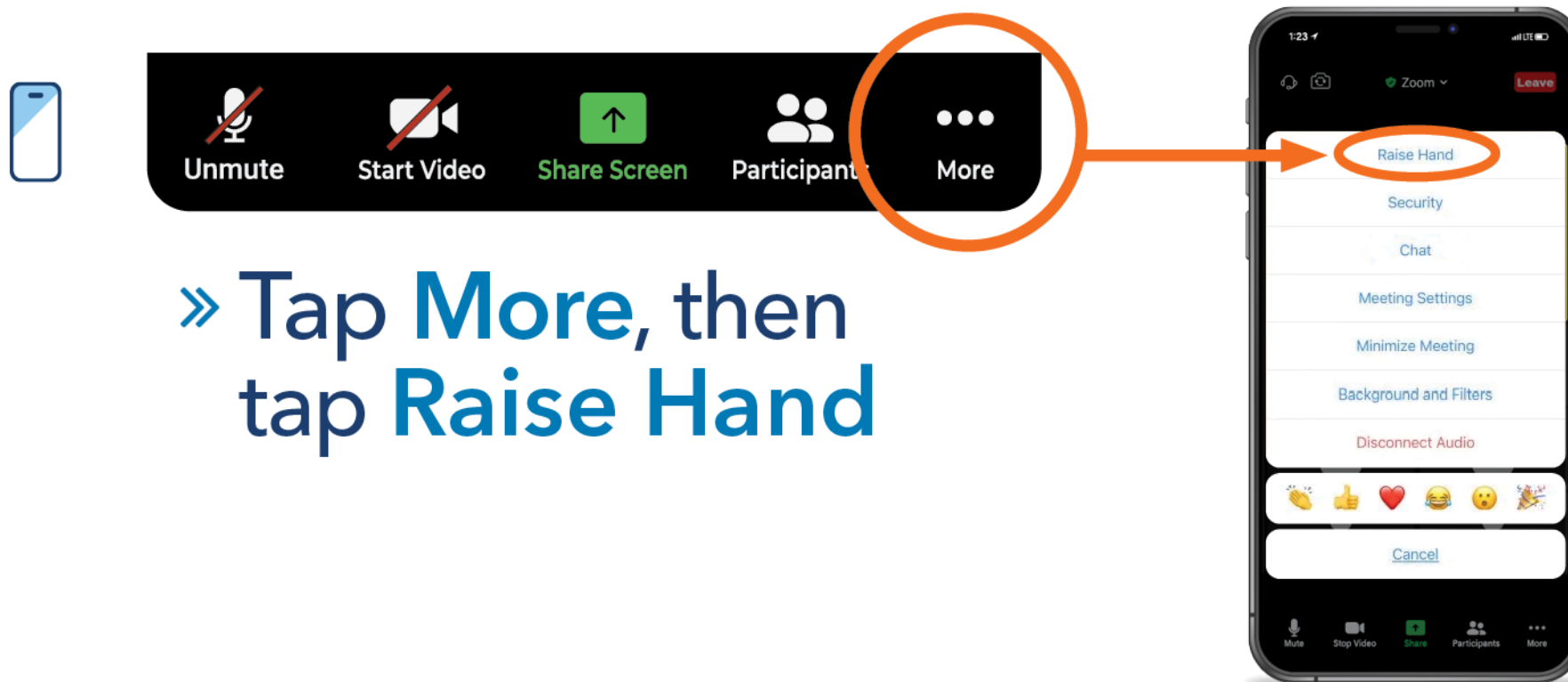


» Click on **Reactions** icon, then click on **Raise Hand**



Controls toolbar

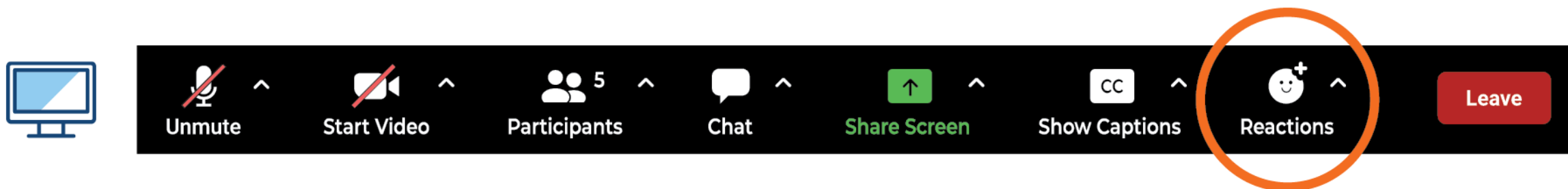
Raise your hand



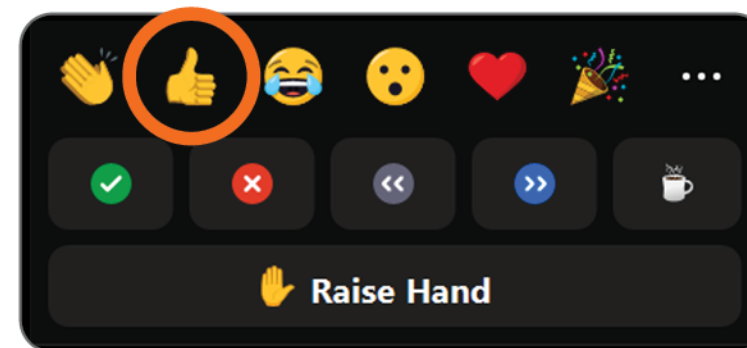
» Tap **More**, then
tap **Raise Hand**

Controls toolbar

Share your reactions

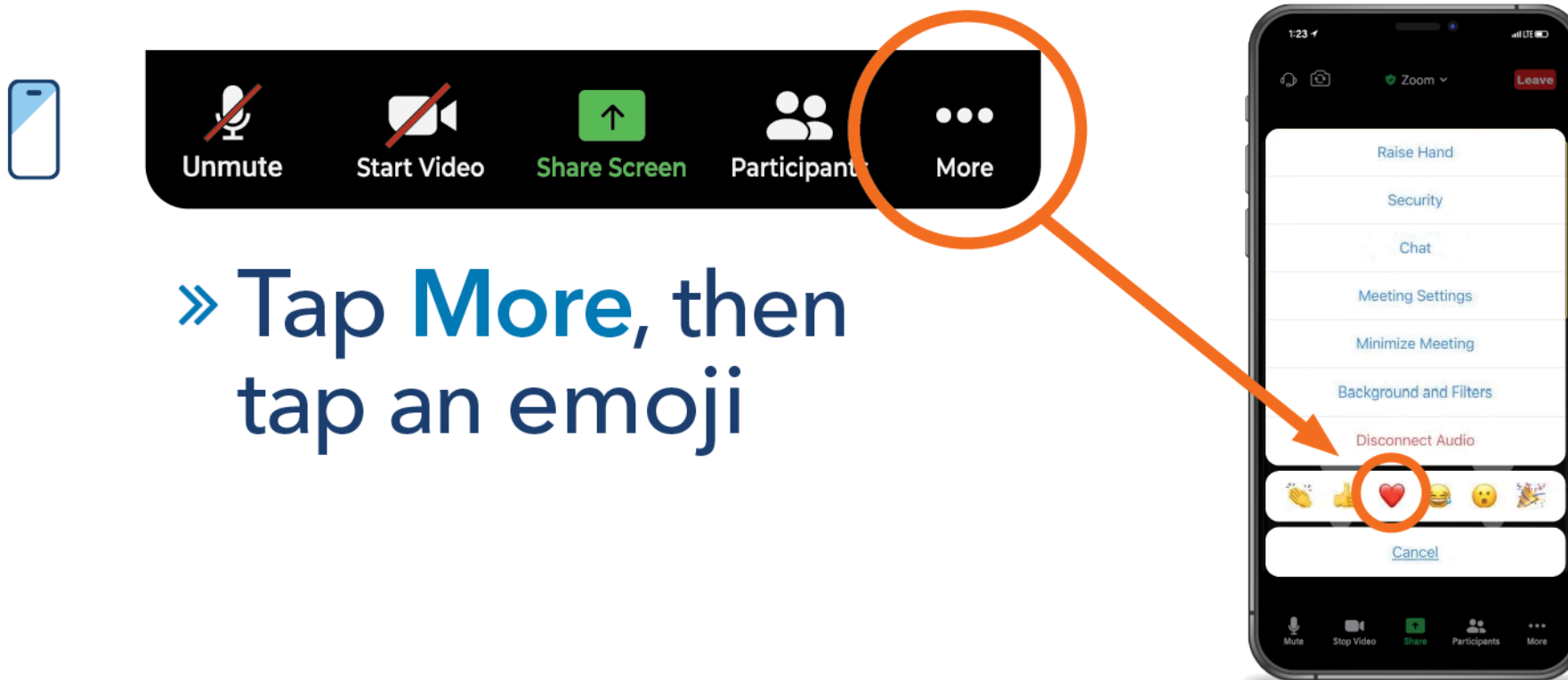


» Click on **Reactions** icon, then click on an emoji



Controls toolbar

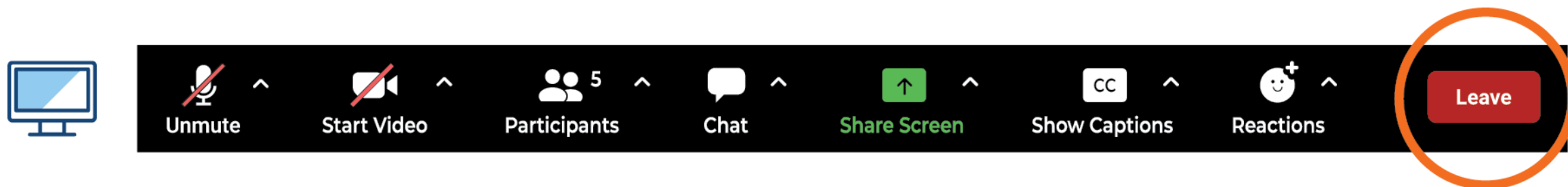
Share your reactions



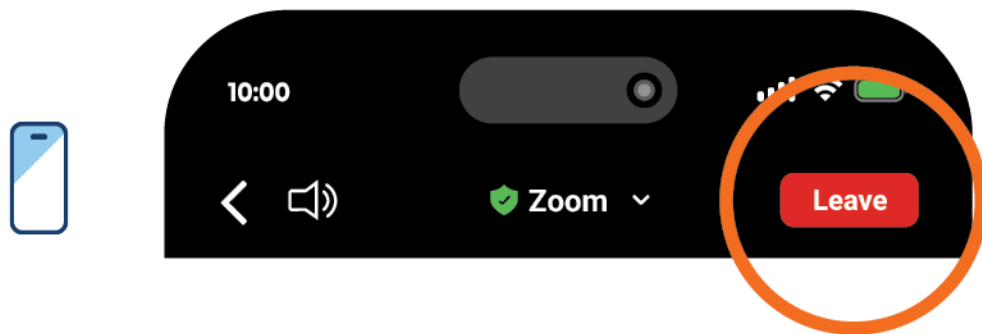
» Tap **More**, then
tap an emoji

Controls toolbar

Leave workshop



» Click on **Leave**



» Tap **Leave**
(top area)

Privacy



Please do not share any personal information that you would not want others to know.



Any personal information you choose to share either verbally or through the written chat tool may be heard or seen by others.

Gestational Diabetes



**Help us improve
our program.**

We will share a survey with you at the end of the workshop. Please take a moment to give your feedback.

Stop the Spread of COVID-19

» For more information, visit kp.org/covid.



Wash your hands often with soap and water for at least 20 seconds.



Masks are recommended but not required.



Follow occupancy limits. Avoid overcrowded indoor areas where there may be unmasked people. Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Cover your cough or sneeze with a tissue and then throw it in the trash. If you don't have a tissue, cough or sneeze into your elbow, not your hands.



If you feel sick, schedule a phone or video visit to speak to a doctor. To book a virtual appointment, call **1-833-574-2273** or visit **kp.org/appointments**.

In an emergency situation, call **911**.

Welcome!

Let's talk about....

- 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

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

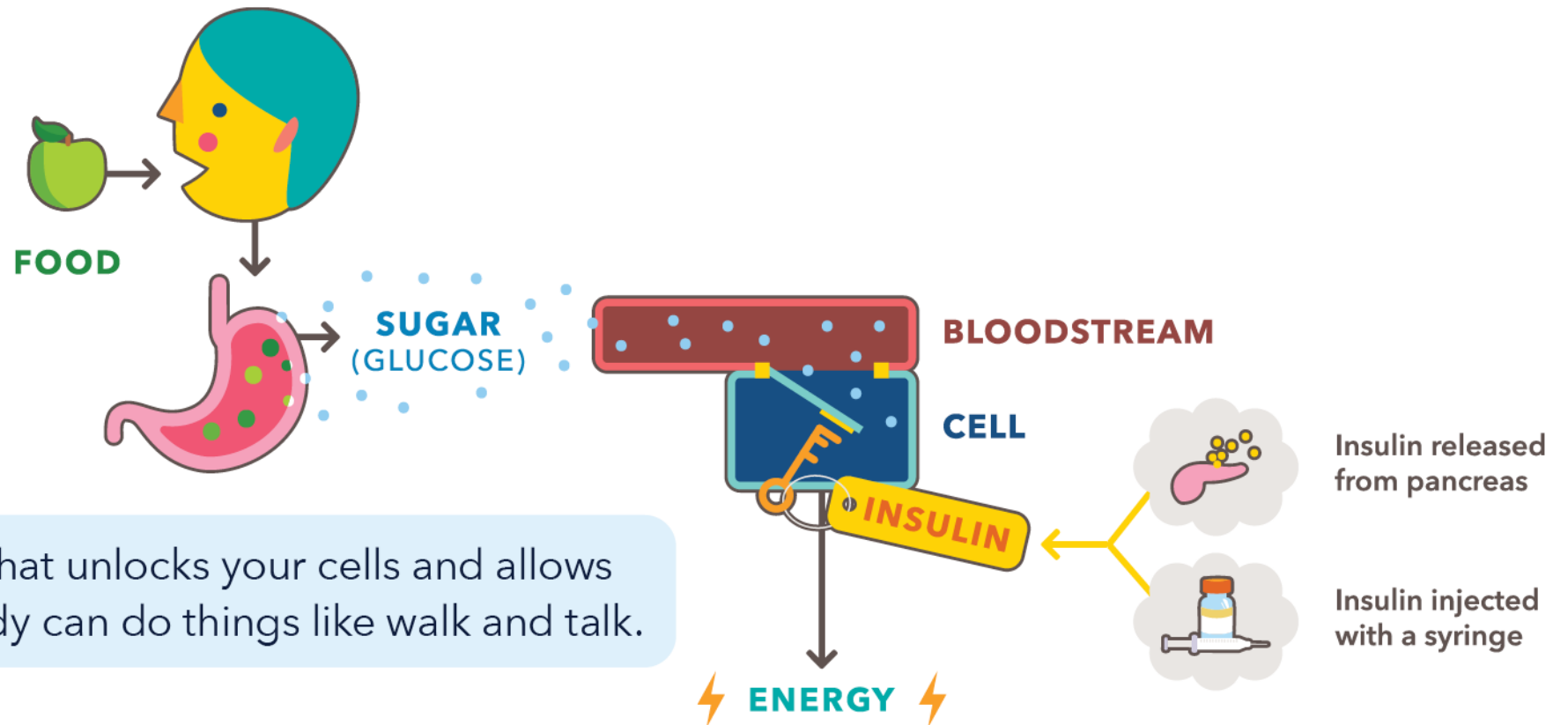


What is gestational diabetes?

- 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

The Basics

After eating, some of your food is broken down into **sugar**.



Insulin is the **"key"** that unlocks your cells and allows sugar in so your body can do things like walk and talk.

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?

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

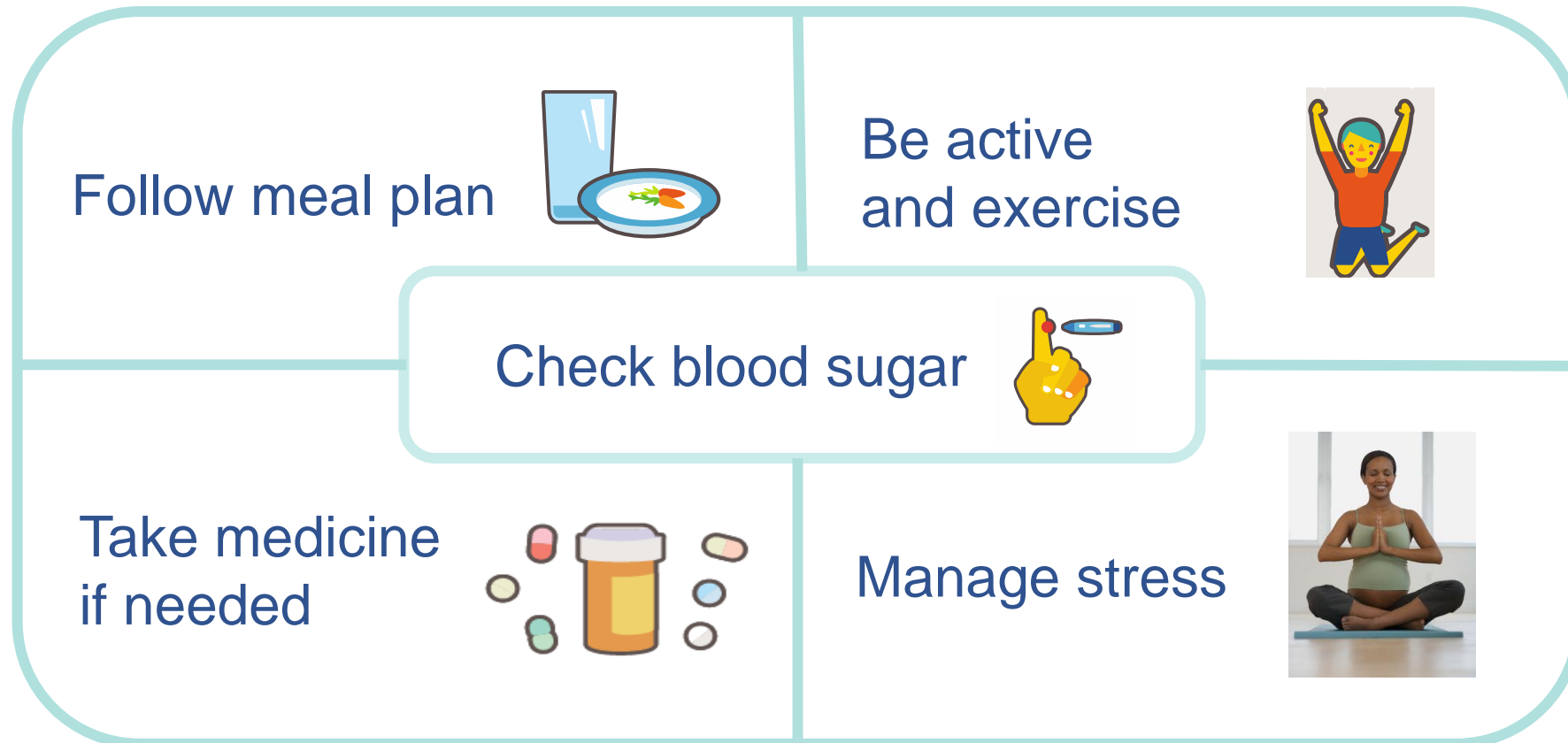




What should my blood sugar be?

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

Tools to help you control your blood sugar



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



Healthy Food Choices poster – Food Groups

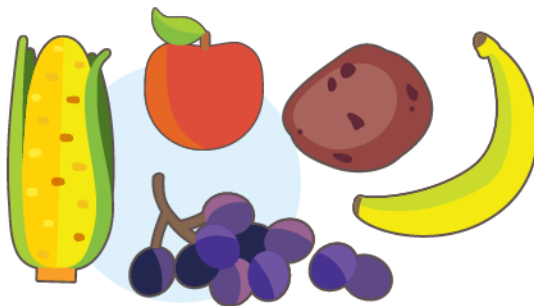
- Carbohydrate containing Food Groups
 - ▶ Starch: 1 serving = 15 grams carbohydrate
 - ▶ Fruit: 1 serving = 15 grams carbohydrate
 - ▶ Milk/yogurt: 1 serving = 15 grams carbohydrate
- Everything else
 - ▶ Non-starchy Vegetables: negligible carbs
 - ▶ Meat/Meat Substitutes (Protein): 0 carbs
 - ▶ Fats: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

Carbohydrates Give You Energy



Choose
more often

Healthy carbs raise your blood sugar slowly and last longer. They have **more fiber** (which helps you feel full and is good for your heart and waistline) and are found in foods like:



Fruits and starchy vegetables (eat them whole rather than juiced to get the most fiber)



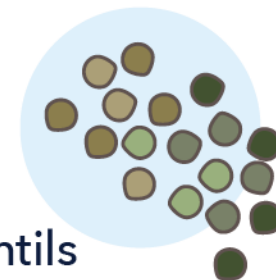
Beans



Low-fat or nonfat milk or yogurt



Corn tortillas



Lentils

To learn more about how many carbs to include in meals, see **pages 120-121** in your workshop guide.

Carbohydrates Give You Energy



Choose
less often

Unhealthy carbs raise your blood sugar levels quickly, so they work well to correct low blood sugar but they **don't satisfy hunger** as well as healthy carbs. Some examples are:



White bread,
pasta, and rice



Pastries



Candy



Sugary drinks
like fruit juice
and soda




Cookies



Sweeteners

Comparing Milk

- Nutrients in milk vary
- Look at nutrition facts to see the amount of carbohydrates and protein in your milk

DAIRY VS. PLANT-BASED MILKS: WHAT TO KNOW					
	CALORIES (8 OZ)	CARBS	FATS	PROTEIN	OTHER NUTRIENTS
DAIRY MILK	80-150	12g	0-8g**	8g	Ca, Ph, K, Vit. D, Vit. B12
ALMOND MILK	30-90	0-16g*	2.5g	1g	Ca, Vit. E, Vit. D, Vit. B12
COCONUT MILK	40-80	0-10g*	4-5g	0g	Ca, Vit. A, Vit. D, Vit. B12
SOY MILK	110	6g	4-5g	8g	Ca, Ph, K, Vit. D, Vit. B12
PEA MILK	70-100	6g	4.5g	8g	K, Ca, Omega 3s, Vit. D
OAT MILK	120	16g	5g	4g	Ca, Vit. A, Vit. D, Vit. B12

*DEPENDS ON WHETHER THE MILK IS SWEETENED OR UNSWEETENED

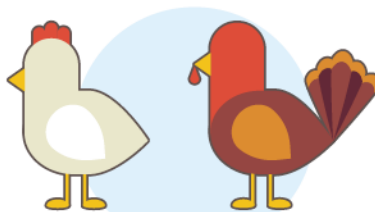
**DEPENDS ON FAT CONTENT OF MILK

Protein Gives You Power



Choose
more often

Choose more protein foods that have nutrients and are **lower in saturated fat and calories**, such as:



Lean (skinless)
chicken or turkey



Fish



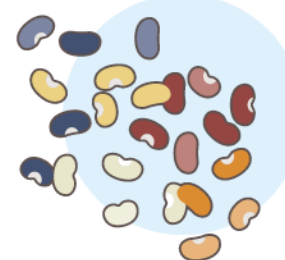
Low-fat or nonfat
dairy and alternatives
(also have carbs)



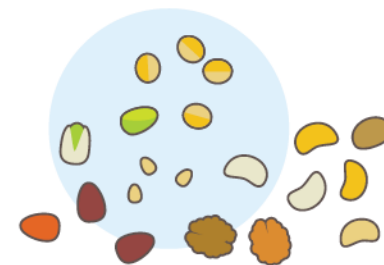
Eggs



Soy



Beans **(also
have carbs)**



Nuts and nut
butter **(also high
in healthy fat)**

Protein Gives You Power

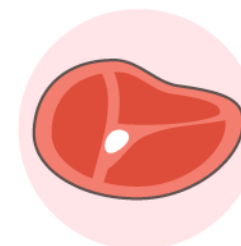


Choose
less often

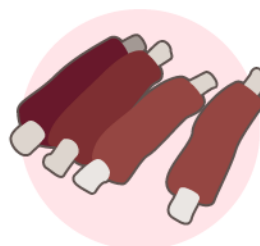
Choose fewer foods that are **high in saturated fat and calories**, such as:



2% milk and
whole-fat dairy



Fatty cuts
of meat



Red meats



Poultry skin



Processed meats like
salami, bacon, hot dogs,
and sausage

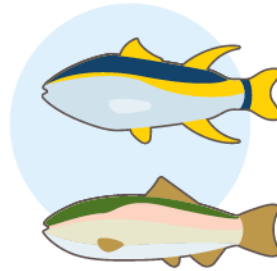
Fat Gives You Satisfaction



Choose
more often

(Eat in moderation)

Mono- and
polyunsaturated fats
tend to be liquid at
room temperature (think
olive oil) and can lower
levels of cholesterol in
your blood.



Fatty fish (salmon,
trout, herring, sardines)



Most nuts and
natural nut butters



Avocados



Seeds (sunflower, chia,
hemp, ground flaxseed,
sesame, pumpkin)



Oils (canola, olive, peanut,
cottonseed, flaxseed, grapeseed,
safflower, sesame, avocado)

Advice About Eating Fish


Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tuna, albacore/ white tuna, canned and fresh/frozen
Atlantic croaker	Lobster, American and spiny	Shad		Buffalofish	Rockfish	
Atlantic mackerel		Shrimp		Carp	Sablefish	
Black sea bass	Mullet	Skate		Chilean sea bass/ Patagonian toothfish	Sheepshead	Tuna, yellowfin
Butterfish	Oyster	Smelt		Grouper	Snapper	Weakfish/ seatrout
Catfish	Pacific chub mackerel	Sole		Halibut	Spanish mackerel	White croaker/ Pacific croaker
Clam	Perch, freshwater and ocean	Squid		Mahi mahi/ dolphinfish	Striped bass (ocean)	
Cod		Tilapia			Tilefish (Atlantic Ocean)	
Crab	Pickrel	Trout, freshwater		Choices to Avoid HIGHEST MERCURY LEVELS		
Crawfish	Plaice	Tuna, canned light (includes skipjack)				
Flounder	Pollock	Whitefish		King mackerel	Shark	Tilefish (Gulf of Mexico)
Haddock	Salmon	Whiting		Marlin	Swordfish	Tuna, bigeye
Hake	Sardine			Orange roughy		

* Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice

United States
Environmental Protection
Agency

U.S. FOOD & DRUG
ADMINISTRATION

This advice supports the recommendations of the 2015-2020 *Dietary Guidelines for Americans*, developed for people 2 years and older, which reflects current science on nutrition to improve public health. The *Dietary Guidelines for Americans* focuses on dietary patterns and the effects of food and nutrient characteristics on health. For advice about feeding children under 2 years of age, you can consult the [American Academy of Pediatrics](https://www.aap.org/) .

† THIS ADVICE REFERS TO FISH AND SHELLFISH COLLECTIVELY AS "FISH" / ADVICE REVISED JULY 2019

Fat Gives You Satisfaction



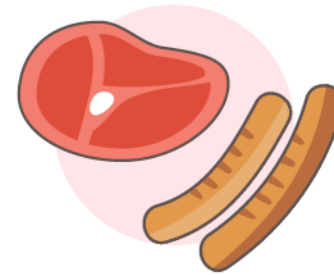
Choose
less often

Saturated and **trans fats** tend to be solid at room temperature (think butter) and increase levels of cholesterol in your blood, which can increase your risk for heart attack or stroke.

Saturated fats:



Whole-fat dairy



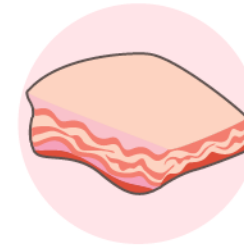
Fatty, processed,
and red meats



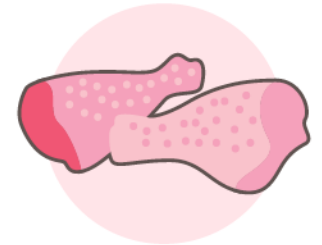
Coconut or
palm oil



Butter, cream
(whipping,
heavy, sour), and
cream cheese



Lard



Poultry skin

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 slice of bread 1/2 hamburger or hotdog bun 1/2 English muffin 1/2 large biscuit 5-6 low salt crackers 4 inch pancake or waffle 1/3 cup rice or pasta (cooked) 1/2 oatmeal (cooked) 3/4 cup dry unsweetened cereal 1/2 cup bran cereal 12-15 chips 1/2 medium potato 1/2 cup mashed/ boiled potato 1/2 cup beans/peas (cooked) 1/2 cup peas 1/2 cup corn 3 cups popcorn (popped)	1 small piece of fruit: <ul style="list-style-type: none"> • apple • pear • peach • orange 1/2 banana 1/2 mango 1 cup melon cubes: <ul style="list-style-type: none"> • cantaloupe • honeydew • watermelon • papaya 1 cup berries: <ul style="list-style-type: none"> • strawberries • blueberries • raspberries 12-15 grapes or cherries 1/2 cup canned fruit in light syrup or juice 2 Tbsp. raisins 3 prunes 4 oz. (1/2 c.) fruit juice	8 oz. milk 6 oz. yogurt (artificially sweetened) 12 oz. soy milk	1 serving= 1cup raw or 1/2 cup cooked Asparagus Green beans Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Lettuce Mushrooms Okra Onions Peppers Radishes Squash Spinach Tomatoes	Chicken Turkey Fish Pork Beef Shellfish Cheese Cottage cheese Plain Greek Yogurt Nut butter Nuts and seeds Eggs Tofu Tempeh Edamame	Olive oil Canola oil Avocado oil Peanut oil Mayonnaise Salad dressing Nut butter Nuts and seeds Avocado Moderation: Bacon Sausage Butter Cream Cream cheese Gravy Sour cream

Review Meal Plan: 1800 or 2000 Calories

BREAKFAST	SERVINGS	Grams of CARB	ITEMS
MILK	0	15 grams	N/A
STARCH	1	CARB	1 SLICE WHOLE GRAIN TOAST
FRUIT	0		N/A
PROTEIN	1		1 EGG
FAT	1		1 TEASPOON MARGARINE
BEVERAGE			WATER OR TEA
SNACK			
STARCH	1	15 grams	3 RYE KRISP CRACKERS
PROTEIN	1	CARB	1 OUNCE STRING CHEESE
LUNCH			
STARCH	2	45 grams	2 SLICES WHOLE GRAIN BREAD
MILK	0	CARB	-
FRUIT	1		SMALL APPLE
VEGETABLE	1-2		LETTUCE AND TOMATO, CARROT STICKS
PROTEIN	2-3		2-3 OUNCES OF TURKEY OR LEAN MEAT
FAT	2		2 TEASPOONS MAYONNAISE
BEVERAGE			
SNACK			
FRUIT	1	15 grams	1 CUP BERRIES
PROTEIN	1	CARB	¾ PLAIN GREEK YOGURT OR ¾ COTTAGE CHEESE
DINNER			
STARCH	2	45 grams	2/3 CUP PASTA OR 1 CUP STEAMED RED POTATOES
FRUIT	0	CARB	-
MILK	1		1 CUP OF MILK OR ¾ CUP OF YOGURT
VEGETABLE	2		1 CUP BROCCOLI
PROTEIN	3		3 OUNCES OF CHICKEN, OR FISH
FAT	2		2 TEASPOONS MARGARINE
BEVERAGE			WATER OR <u>ICE TEA</u>
SNACK			
STARCH	1	15 grams	1 SLICE WHOLE GRAIN BREAD
PROTEIN	1	CARB	2 TBSP PEANUT BUTTER

Beverages

- Water
- Coffee / Tea
 - ▶ Limit of 12 oz caffeinated
- Milk / milk substitutes
- (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

- Eat 6 times per day
- Breakfast w/in 1 hour waking up
- Bedtime snack 30 minutes before bed
- Do not go longer than 10 hours between bedtime snack and breakfast the following morning
- Notice, only 1 fruit serving or 1 milk serving at a time (*do not combine fruit and milk at the same meal/snack*)
- NO fruit or milk before lunch-time meal
- Sample menu

Know the (Nutrition) Facts

1. Check **serving size**.

2. Check these for
heart health.

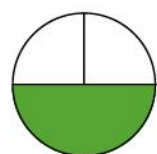
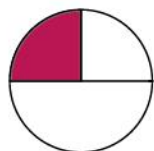
3. Know your **total carbs**.

4. Is it **nutritionally
valuable**?

Nutrition Facts	
23 servings per container	
Serving size	1 slice (41g)
Amount per serving	
Calories	109
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 156mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.9mg	5%
Potassium 69mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

The Healthy Plate

$\frac{1}{4}$ plate
protein

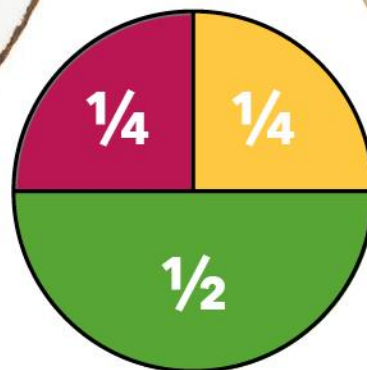
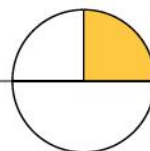


$\frac{1}{2}$ plate
non-starchy
vegetables



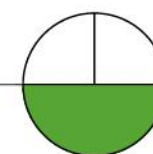
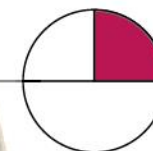
Grilled chicken with Spanish
brown rice and nopales with
onions and tomatoes

$\frac{1}{4}$ plate
starch



Black beans with quinoa
and grilled vegetables

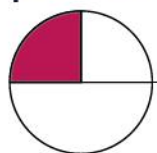
$\frac{1}{4}$ plate
protein



$\frac{1}{2}$ plate
non-starchy
vegetables

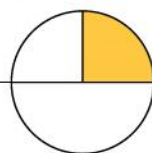
The Healthy Plate

$\frac{1}{4}$ plate
protein

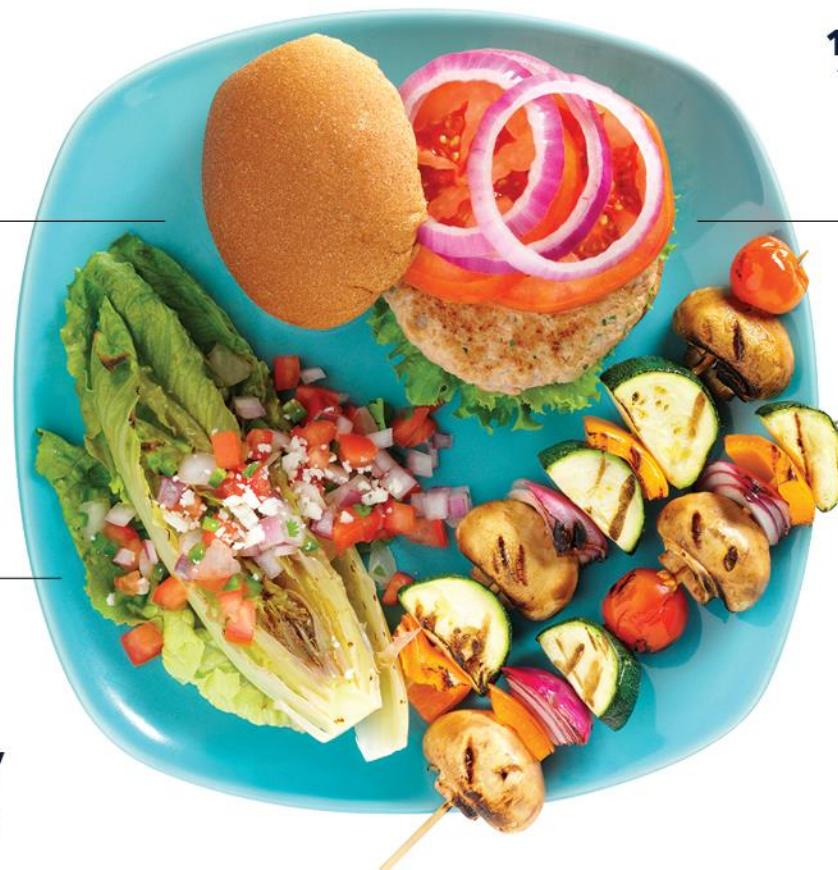
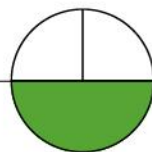


Chicken and brown rice veggie bowl
with Chinese cabbage, snap peas,
bell peppers, and carrots

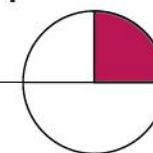
$\frac{1}{4}$ plate
starch



$\frac{1}{2}$ plate
non-starchy
vegetables



$\frac{1}{4}$ plate
protein



Turkey burger with vegetable
skewers and grilled romaine

The Healthy Plate



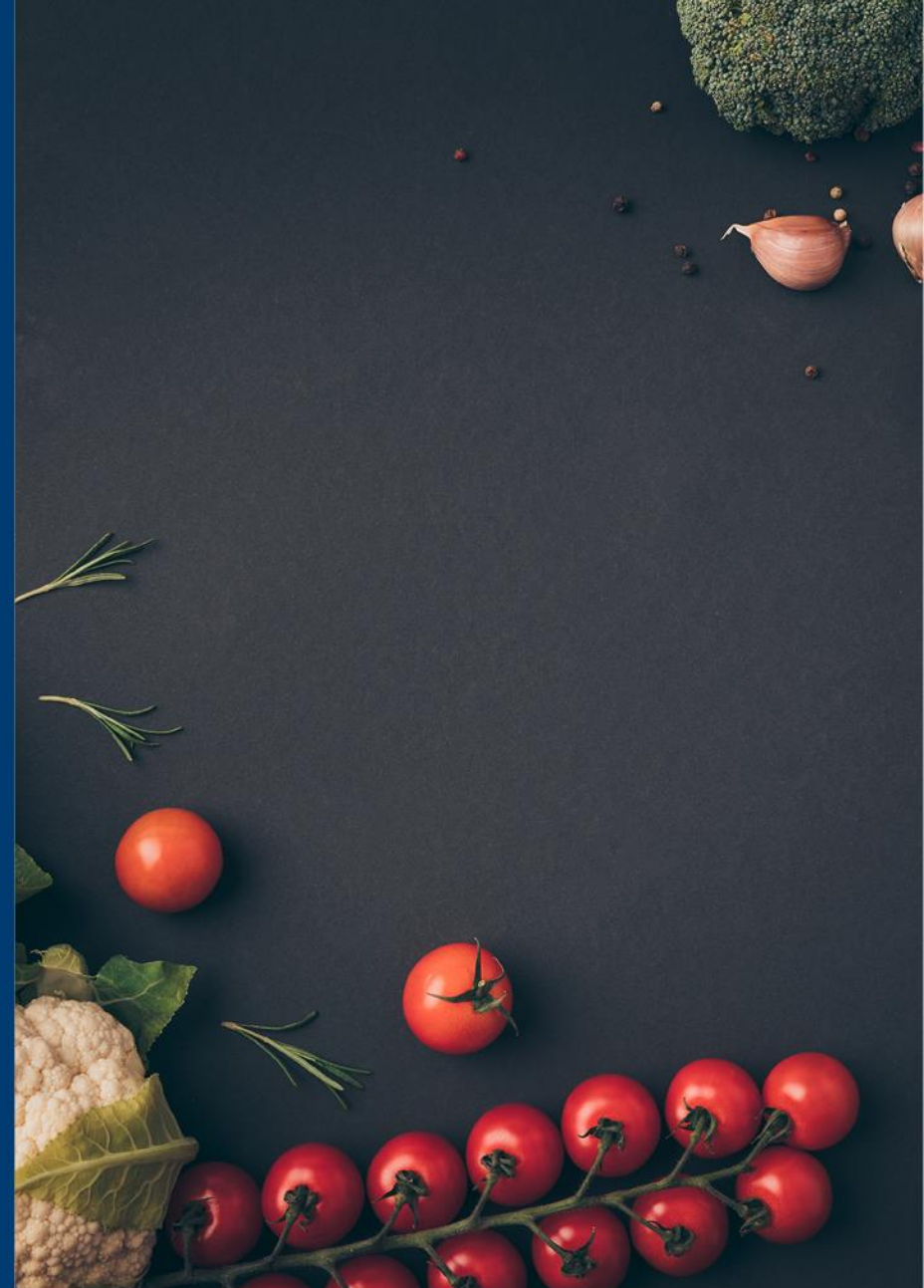
Fish tacos with cabbage slaw
and pico de gallo



Tofu and brown rice bowl with thinly sliced
vegetables, sesame seeds, and Thai basil



Making Healthy Choices When Eating Out



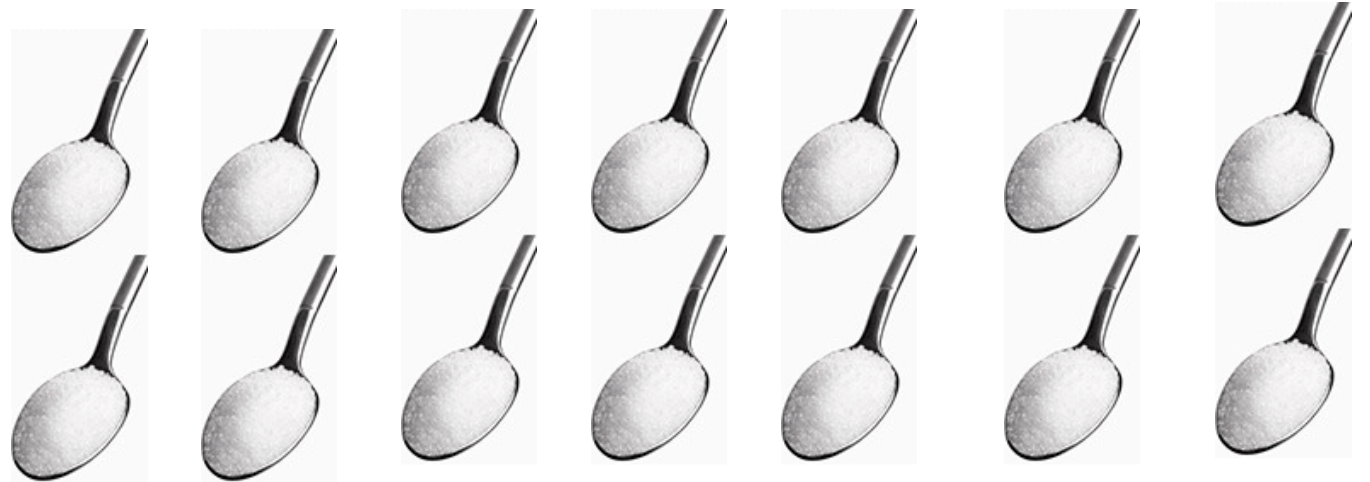
How many Carbohydrates?

- ▶ 16 oz Caramel Frappuccino
 - 370 calories
 - 60 grams carbohydrates
 - 60 grams of sugar



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

60 grams
carbohydrates



How many carbohydrates?

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



What can elevate Blood Sugar?

- Foods and beverages
- Stress
- Medications
- Illness



What if my blood sugar is high?

- Go for a moderate walk
- Review what you ate
- Call Perinatal Case Manager (858)-266-6900 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?

If blood sugar is less than 70 mg/dL:

- Have one of the following options:
 - 1 cup milk OR
 - ½ cup fruit juice OR
 - ½ cup regular soda
- Then have your next meal or snack

▶ If blood sugar is less than 70 mg/dL, please contact your PCM for further assistance (858-266-6900)



**Exercise – lowers
blood sugars & helps
to limit weight gain**



Exercise recommendation

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

Exercise precautions

- 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



Breastfeeding

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





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

- You have a 50% chance of having GDM again
- Have blood sugar tested before planning to become pregnant



Preventing type 2 diabetes

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



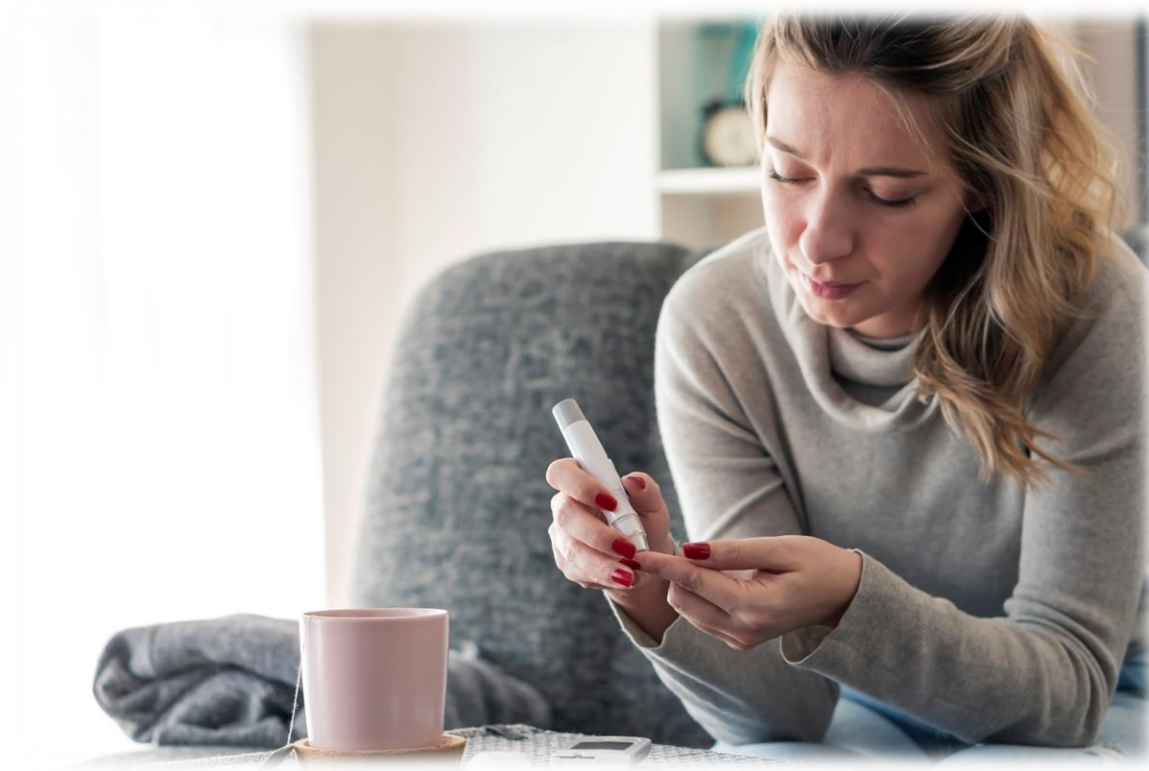


Virtual Classes

619-641-4194

- Breastfeeding
- Baby Care Basics
- Maternity Tour
- Childbirth Prep (4 weeks \$96)

Learning to check your blood sugar



Department of Environmental Services - San Diego

Sharp Disposal

► 858-694-7000



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.

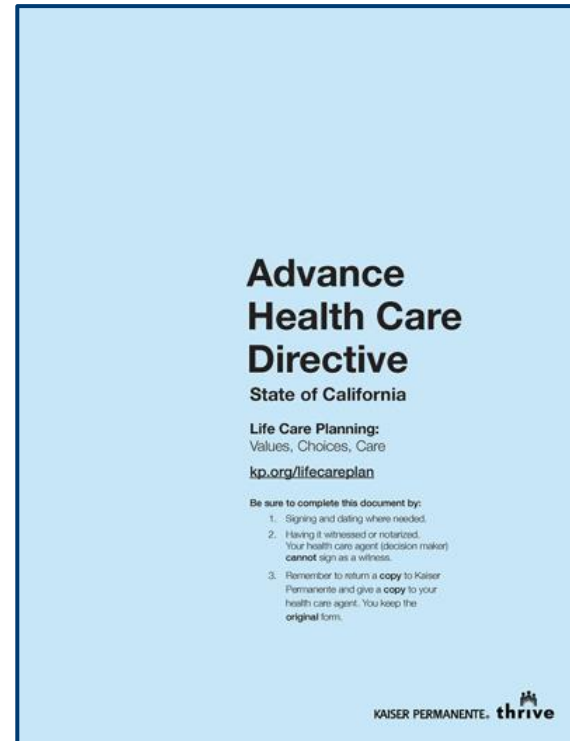
Do you know who this person would be?

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



Supplemental Online Education

- EMMI ONLINE PROGRAMS
- You may receive an email or letter with instruction to complete an online educational program.



Self-Care Apps for Your Everyday Life

» Learn more at kp.org/selfcareapps



Thoroughly evaluated by
Kaiser Permanente clinicians



Easy to use and proven effective



Safe and confidential

Questions?



Please use the chat feature to submit your questions.

Gestational Diabetes



SCAN
ME

**Thank you for attending
today's session!**

Please take a moment to provide us with feedback. Complete the anonymous survey by clicking on the link in the chat or scanning the QR code with your phone. Your feedback will help us improve this program.