

Nutrition for Gestational Diabetes

Dietary recommendations for healthy outcomes



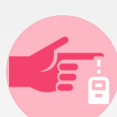
Condition in which blood sugar (glucose) levels become high during pregnancy and usually disappears after giving birth¹

Gestational diabetes is one of the most common complication among pregnant women.^{2,3}

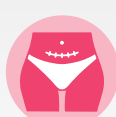
In some countries, **3 in every 10** pregnant women have gestational diabetes³

Having gestational diabetes is risky for both the mother and the infant^{1,4,5}

Health risks to the mother^{1,5}



Possible development to type 2 diabetes



Induced labor or delivery by C-section due to chances of having a large baby

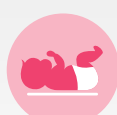


Risk of high blood pressure



Premature labor from excess amniotic fluid production

Health risks to the infant^{1,4,5}



Delivery difficulties with large babies



Breathing problems as a result of early birth



Risk of still birth



Risk of developing type 2 diabetes later in life



Low blood sugar or jaundice after birth

Nutritional interventions have gained prominence as one of the few levers in reducing the short-term pregnancy risk and long-term cardiometabolic risks.²

Key dietary recommendations for managing Gestational Diabetes

Eating a balanced diet with well-distributed macronutrients to help control gestational weight gain^{6,7}



40% to 45% of energy from Carbohydrates

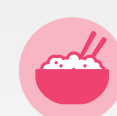


20% to 25% from protein



30% to 35% from fat

Include carbohydrates with low glycemic index in the regular diet^{6,8,9}



Bran foods, Porridge, Pasta, Doongara rice, quinoa, parboiled rice, pulse flours, barley.



Apple, Apricot (fresh, dried), Banana (green), Grapefruit, Kiwi fruit, Orange, Peach, Pear, Plum, Pomegranate.



Cow milk (skim, 1%, 2%, whole), Yogurt, Almond Milk, Custard, Soya milk.



Lentils, Legumes, Sweet potato/yam, sweet corn, peas, popcorn.

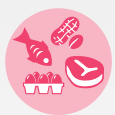


Fruit/raisin bread, Oat bran-based bread, Soy, linseed bread, multigrain bread, Oatmeal biscuits, Oat bran, Heavy mixed-grain bread.

Other considerations⁶



Focus on the quality of carbohydrates and improve consumption of vegetables, fruits, complex carbohydrates, and high-fiber foods.



Pick lean cuts of meat and include fish, eggs, tofu, nuts, seeds and legumes



Have small meals and increase the frequency of meals



Avoid foods and drinks with added sugar



Include olive oil, canola oil and avocado (Healthy fats)



Avoid foods that are contaminated to prevent infections

Nutrition therapy is a cornerstone for managing gestational diabetes. Nutritional intervention should be coupled with improved lifestyle measures and regular monitoring of body weight, blood glucose levels and fetal growth for better health outcomes.

References

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