Gestational Diabetes

Gestational diabetes mellitus (GDM) or high blood sugar is a type of diabetes that can develop during pregnancy. It happens when pregnancy hormones make it harder for your body to use insulin, causing your blood sugar to rise. High blood sugar can lead to health issues for both you and your baby.

What Should I Do For Gestational Diabetes?

Check Your Blood Sugar

- Check your blood sugar four times a day. A nurse will teach you how.
- You may use a blood glucose meter, or a continuous glucose monitor (CGM).
- You want most of your blood sugar results to be in the target range:
  - **Before eating (after eight hours without food): Less than 95**
  - **One hour after eating: Less than 140**
  - **Two hours after eating: Less than 120**
- Write your results down to review with your healthcare provider.

- **Eat balanced meals and snacks**. Find more information on diet choices at Bump & Beyond
- **Get regular exercise.** Find more tips on exercise in pregnancy at Bump & Beyond.
- Get extra ultrasounds and fetal testing
- Go to all your prenatal visits
- Check your baby's kicks and movement daily after 28 weeks



Learn more about Gestational Diabetes, how to stay healthy, and what to expect at **Bump & Beyond** by scanning the QR code or visiting: https://www.bmc.org/bump-beyond/during-pregnancy/medical-care/gestational-diabetes-care

Search for these other helpful articles on Bump & Beyond:

Gestational Diabetes Diet

Testing for Gestational Diabetes

Exercise: Get Moving During Pregnancy

Feeling Your Baby Move: how to Count the Kicks

Bump & Beyond

Pregnancy Menu

Menu 1

Breakfast – 2 pieces of wheat toast, 1-2 eggs, scrambled with peppers and onions
Snack – Cucumbers and carrots with hummus or vegetable dip
Lunch – 2/3 cup rice, ½ cup beans, 3 oz chicken, tomato, onions, peppers
Snack –½ banana with 1 tbsp peanut butter
Dinner –Burrito: 3 oz piece of lean meat or chicken, 6 inch tortilla, ½ cup beans, cheese, salsa, ¼ avocado
Snack – 1 cup yogurt, 1 small fruit
*water as a drink

Menu 2

Breakfast - 1 whole wheat English Muffin with 1 tbsp. of peanut butter, low sugar jelly
Snack - 1 cheese stick and a small apple
Lunch - Salad with lettuce, tomato, cucumber, ½ cup corn, ½ garbanzo beans, shredded chicken, side of 15 thin wheat crackers or 10 tortilla chips
Snack - ¼ cup dried fruit and ¼ cup unsalted nuts
Dinner - 1 cup whole grain pasta, 4oz fish, cooked greens, zucchini
Snack - 3 cups popcorn, 8oz skim or 1% milk
*water as a drink

Menu 3

Breakfast - 1 arepa or large tortilla, ½ avocado, 1-2 eggs, sliced tomato
Snack - 1 Greek yogurt with ½ cup berries
Lunch - 2 whole wheat bread, chicken or canned chunk light tuna salad, lettuce, small fruit
Snack- Carrots, cucumbers, 15 thin wheat crackers with hummus
Dinner - Stir fried 3oz pork, peppers, onions, snap peas, 1 cup brown rice
Snack - 3 graham cracker squares, 8oz skim or 1% milk
*water as a drink

Menu created by Mara Garwood, RDN, CDCES and BMC Teaching Kitchen