

Eating for Gestational Diabetes

Having gestational diabetes means you need to pay close attention to what, when, and how much you eat during your pregnancy to keep your blood sugar in your target range.

This might seem like a big change, but working with a dietitian or certified diabetes educator will help.

Together, you can make an eating plan that works for you.

Your eating plan will help you manage the amount of carbohydrates, or carbs, you eat.

Carbs are starches and sugars that raise your blood sugar.

They're found in foods like breads, cereals, pasta, tortillas, rice, and some starchy vegetables like potatoes.

They're also found in fruits, milk, and sugar-sweetened foods and drinks, like desserts, candy, and soda pop.

Remember, these foods will raise your blood sugar.

Your dietitian or certified diabetes educator will explain more about which foods have carbs and how many carbs you can eat each day.

They'll also show you how to keep track of the carbs you eat.

Your doctor may have you check your blood sugar several times a day to see how certain foods affect it.

If you're taking medicine, like insulin, for your gestational diabetes, and you skip meals, your blood sugar may drop too low. And that isn't good for you or your baby.

So it's important to plan when you have your meals and snacks.

Changing the way you eat when you have gestational diabetes can be a big change.

But it can also help keep your blood sugar in your target range. And that will help keep you and your baby healthy.