

Tips to Help Avoid High Sugars in Pregnancy Until you see a Diabetes Specialist

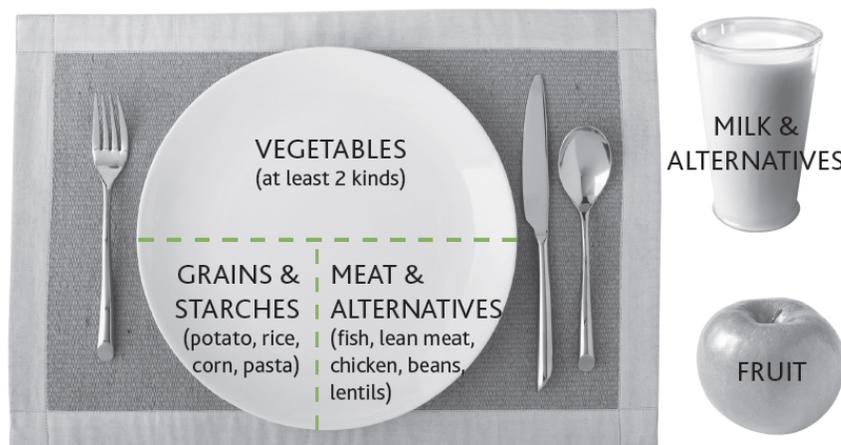


Image adapted from CDA Just the Basics resource

Until you see a diabetes specialist or dietitian, here are some recommendations to follow:

1. Eat balanced meals, using the picture above as a guide
2. Eat 3 meals per day, with a small snack at bedtime
3. Eat smaller portions of potatoes, corn, rice, cereal, and pasta (one fist)
4. Eat fruit up to 3 times per day; 1 serving at a time
 - o 1 serving of fruit:
 - A medium apple, orange, or pear
 - 1 cup of blueberries or 2 cups of strawberries
 - $\frac{1}{2}$ banana
 - 15 grapes
5. Eat lots of vegetables like broccoli, cauliflower, carrots, celery, cucumber, and salad
6. Drink milk (up to 3 cups per day) and eat yogurt and cheese
7. Help lower blood sugars by walking and being physically active*
 - *Check with your doctor to make sure it is safe for you to exercise
8. **Avoid** sugary drinks like fruit juice/punch, slurpees, iced tea and regular soda (have diet soda, Crystal Light®, or diet Kool-Aid® instead)
9. **Avoid** using white sugar, brown sugar, and honey in tea/coffee or in foods (use an artificial sweetener like Splenda® instead)
10. **Avoid** fries, chips, dessert, and sweets

Visit www.diabetes-pregnancy.ca for more information

See a Registered Dietitian for individual counseling and dietary recommendations

Resource developed by the Dietitians of SBGH - Eniko and Colleen