

WIC says:

Let's Talk About Controlling Blood Sugar

The Gestational Diabetic Diet Class (Class 2)

(This class is designed for client with the diagnosis of GDM or
Type 2 Diabetes)

Objective:

Participants will understand what gestational diabetes is and understand basic guidelines of meal planning for maintaining good blood glucose control.

Method:

Involve participants in a facilitated group discussion to gain information on how to improve perinatal outcomes through diet.

Materials Needed:

Educational tools: Plate method, Food models,

Handouts: "Walk to Success", "Carbohydrate Foods"

Introduction:

- Introduce yourself and class session
 - What do you know about gestational diabetes?
 - What can you do about gestational diabetes (diet, activity, weight control)?
 - The focus today will be diet for GDM
- A. Let's discuss what you know about gestational diabetes. (Optional discussion as needed)
- What is gestational diabetes?
 - What occurs in the body during pregnancy that causes high blood sugar (glucose)?
- Glucose intolerance that occurs for the first time in pregnancy
 - Increase in insulin resistance due to increase in production of pregnancy hormones by the placenta
 - The pancreas becomes unable to meet the increasing insulin demand resulting in an increase in the blood sugar (hyperglycemia)
 - Good news. 90% of women with GDM will return to having normal sugars after delivery.
 - Not so good news. 50% of women with GDM will eventually become diabetic (Type 2) within 5-10 years. Keep 6 wk postpartum appointment.
- B. Let's discuss what you can do about controlling your blood sugars.
- What are some ways you can adjust your diet to help control your blood sugars?

- What foods raise your blood sugar and what foods do not?
- What is a carbohydrate and what is the typical portion size?
- What are some ways you can be active to help control your blood sugars?

General Nutrition Guidelines

- Eat smaller more frequent meals
 - Eating 3-smaller meals and 2-3 healthy snacks each day can help control your blood sugar
- Do not skip meals
- Choose foods low in simple sugar
 - Avoid foods/drinks sweetened with sugar or honey
 - Do not drink fruit juice, eat more fresh fruits
 - Liquid foods are absorbed quickly. Caution with milk! May need to select other sources of calcium.
 - Sugar substitutes that are ok are Splenda or Equal. No saccharine.
 - Continue to limit caffeinated beverages
- Choose foods high in fiber
 - Limit white flour products and processed foods
 - High fiber foods can help control your blood sugar
 - Choose whole grains breads/cereals, dried beans and fresh fruits and vegetables
- Limit fast foods
 - Limit breaded and deep fried foods such as fried chicken, fish sticks and french fries
 - Choose grilled or baked foods
 - Avoid sweet sauces such as catsup and relish (mustard and mayonnaise are ok)
- Eat small portions of complex carbohydrate foods
 - Complex carbohydrate is found in starchy foods, fruit and milk
 - Carbohydrates is changed into glucose in the body and is necessary to provide energy and essential vitamins and minerals
 - The portion size of a carbohydrate food is approximately ½ cup or 15 grams of carbohydrate
 - Demonstrate plate method and what a typical meal might look like
 - Nutrition label tips.

| <i>Foods that raise blood sugar</i> | | | <i>Foods that raise blood sugar less</i> | | |
|--|--|---------------------------------|--|---|--|
| Starch | Fruit | Dairy | Protein | Veggies | Fat |
| Cereal Bread Tortillas Rice Pasta Pinto beans | Fresh Frozen Canned-unsweetened. | Milk Yogurt | Meat Eggs Cheese Fish Nuts Jerky Peanut butter Cottage cheese | Lettuce Tomatoes Cucumber Peppers Carrots Chile Broccoli Green beans Celery | Oil Butter Margarine Mayo Cream Sour cream Avocado |
| STARCHY VEGGIES Potatoes Peas Corn | No juices | No flavored milk | | | |

Activity: Demonstration of the Plate Method

Tools: My Plate Planner; Food Models

- ✓ Fill ½ of your plate with vegetables such as broccoli, carrots, green beans and salad.
- ✓ Fill ¼ of your plate with lean meat, chicken or fish: this is about 3 ounces.
- ✓ Fill ¼ of your plate with a starchy choice such as ½ cup mashed potatoes, corn, peas, pinto beans, pasta, rice, or a slice of bread/small tortilla.
- ✓ Add 1 small serving of fruit
- ✓ Choose 1 serving milk/yogurt. If 8oz. of milk increases blood sugars above normal, decrease serving size to 4 oz. or select other sources of calcium (i.e. cheese, light yogurt)

Meal plan for pregnancy

Breakfast-limit carbohydrate to 1-2 choices

Lunch -limit carbohydrate to 3-4 choices

Dinner -limit carbohydrate to 3-4 choices

Snacks -3 per day. (Mid-morning, mid-afternoon, bedtime)
Snacks are 1-2 carbohydrates

General Activity Guidelines:

- Provide “Walk to Success” handout for additional information.

Summary:

What are some things that you can do to help control your blood sugar?

°Avoid high sugar foods, increase activity, control weight gain.

Why should you have your blood sugars tested at your postpartum checkup?

°To determine if you have Type 2 diabetes and to establish care for follow-up.

Affirmations:

Remember to affirm all clients for participating and sharing their ideas.

What You Need to Know

Myths:

- You get gestational diabetes from eating too much sugar
- Women with gestational diabetes should limit their physical activity
- Everyone with gestational diabetes needs to take medication or insulin injections to control their blood sugars

Truths:

- Insulin is the hormone responsible for helping to convert blood sugar (glucose) into energy. As pregnancy progresses the hormones produced by the placenta make it harder for insulin to help the glucose get into your cells where it is needed. This causes the glucose in your bloodstream to rise to abnormal levels.
- Exercise such as walking helps the body use blood sugar
- Not all women diagnosed with gestational diabetes will need to take medication/insulin. It often can be controlled with diet and exercise alone. However sometimes a combination of diet, exercise and medication and/or insulin is needed.