

Dietitian

For anyone with diabetes, the types of food eaten and meal planning are important to control diabetes. The aim is to maintain your blood glucose levels within the targets agreed by you and your healthcare team. A dietitian can help you learn what foods you should be eating to control your blood glucose and provide good nutrition for you in preparation for getting pregnant.

It is important to: Eat a wide variety of foods and have regular meals which include some starchy food e.g. bread, chapattis, rice, potatoes, pasta. Your health professionals will advise you on your daily recommended amount of fruit and vegetables. Eat iron and calcium rich foods on a daily basis. Avoid sugar and foods high in sugar, keep high fat and fried foods to a minimum.

Topics discussed

Food safety Yes No Alcohol intake Yes No Caffeine intake Yes No Balanced diet Yes No

Date	Details		Signed*

SAMPLE

