

Contact Dietitian

Name	
Contact number	

Web sites – www.food.gov.uk
www.nhs.uk
www.diabetes.org.uk

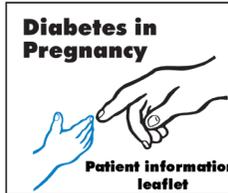
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Leaflets can be viewed and printed from www.preg.info

With acknowledgment to Diabetes in Pregnancy Advisory Group

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Healthy Eating for diabetes and pregnancy

What changes do I need to make?

- Eat 3 regular meals a day. Avoid skipping meals and spread your meals over the day to help control your appetite and your blood glucose levels.
- Eat starchy carbohydrate foods, especially those high in fibre, at each meal e.g. pasta, chapattis, cereals, yam, noodles and rice.
- Reduce the amount of salt and processed foods in your diet.
- Aim for least 5 portions of fruit, vegetables and salad daily.
- Eat less fatty foods.
- Cut down on sugar/sugary foods and drinks.
- Do not use specialist diabetic food/or foods labelled “suitable for diabetics”.
- Be physically active 30 minutes a day, at least 5 times a week e.g. walking, swimming, and yoga. This can help improve your blood glucose levels and has a positive benefit to your health.
- An average weight gain in pregnancy is around 11kgs. Excessive weight gain in pregnancy is difficult to loose after the birth of your baby. Ask for advice from your healthcare team if you have any questions.

Milk and dairy



Eat 3 portions a day for your calcium needs

- Good for calcium and protein
- Choose low fat versions e.g. skimmed and semi-skimmed milk
- If you have soya milk check it contains calcium and is unsweetened

An examples of 1 portion is:

- 1 glass (200ml) low fat milk
- 1 carton (150g) diet yoghurt (low sugar)
- 25g of hard cheese, 150g cottage cheese

Milk and yoghurt contain a natural sugar called “lactose”. This can affect your blood glucose levels. Try to have 1 portion at a time

Starchy carbohydrate foods - include some with each meal

- Good for energy, vitamins, minerals and fibre
- Includes breads, cereals, pasta, rice, potatoes, flour, chapattis, yam, green banana
- High fibre versions will fill you up and help prevent constipation



Your body turns carbohydrate foods into glucose so they will affect your blood glucose levels. You need to be careful about the portion sizes you eat. A Dietitian can advise you .

Food safety in pregnancy

Avoid:

- Liver
- All pates
- Uncooked , raw and cured meats
- Raw or undercooked eggs
- Soft cheeses with white rinds e.g. brie/camembert
- Soft blue cheeses e.g. Danish blue, Gorgonzola, Roquefort
- Blue veined cheese e.g. Stilton
- Unpasteurised milk, yoghurt and cheeses
- Vitamin tablets containing vitamin A
- Shark, marlin, swordfish, raw shellfish

Caution:

- Limit caffeine to 200mg daily (e.g. 2 mugs coffee or 4 cups tea or 5 cans Diet drinks). Try decaffeinated versions
- Some herbal teas contain caffeine e.g. green tea
- No more than 2 tuna steaks or 4 medium cans of tuna a week
- Limit oily fish to 1-2 portions a week
- Ensure all ready meals are reheated until piping hot
- Peanuts or food containing peanuts (such as peanut butter) are safe during pregnancy, unless you are allergic to them, or a health professional advises you not to eat them

Alcohol in pregnancy

Alcohol should be avoided in pregnancy

For more information about food safety in pregnancy visit:-

NHS Choices www.nhs.uk

Sugary and fatty foods



Eat less often and
in small amounts

Eat these only occasionally in a small amount

- Sugary foods and drinks
Contain carbohydrate and will increase blood glucose levels e.g. sweets, chocolate, cake, biscuits and ice cream
- Choose sugar free, diet or no added sugar in your drinks
- Choose low fat versions where possible

Healthier fats to choose for heart health:

Oils – rapeseed, olive, vegetable
Spreads – olive or sunflower based

Artificial sweeteners

These can be useful and are safe in normal amounts. They are available in tablets or powder form

Reading food labels

Foods labelled as ‘sugars 5g or less per 100g’ are low in sugar.
Be aware of your portion sizes

Tip: Choose **low GI** types of carbohydrate foods (see table below)

Glycaemic (GI) index

Carbohydrate foods are turned into glucose (sugar) at different speeds and may increase blood glucose levels more quickly (high GI) or less quickly (**low GI**) than simple glucose would.

Eating **lower GI** foods more often will give better blood glucose control than high GI foods, **but care must also be taken with the quantity eaten.** The table below gives the GI rating for some common foods:

Higher GI foods	Lower GI foods
All white, wholemeal and brown bread	Granary, wholegrain or seeded bread, Burgen bread Rye/pitta bread
Potatoes – mashed, baked/ jacket	Potatoes – new (boiled in skins) Sweet potato (peeled and boiled)
Rice – white	Basmati rice, brown rice
Most breakfast cereals Maize meal, instant porridge	Porridge made with whole oats, low sugar unsweetened muesli, All bran, Shredded Wheat
Most biscuits Rice cakes/crackers	Rich Tea, oatcakes, oatmeal biscuit, Ryvita
Glucose powder or Glucose tablets	Pasta, noodles, bulgar wheat couscous, quinoa,
Sweetened fizzy drinks, fruit juices Dates, watermelon	Nuts, unsweetened popcorn
Honey, Gurr/Jaggery (unrefined sugar)	Beans, lentils, peas, dahls, sweetcorn/corn on the cob, Pulses Natural or diet yoghurts

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Eat less often and in small amounts



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS