



# GESTATIONAL DIABETES GUIDELINES

No cereal or fruit juice

No fruit before lunch

15 grams = 1 serving of carbohydrate, we go by grams only

High protein/fats all fine

Protein examples meat, cheese, nuts, peanut butter, eggs

Protein and fat with every meal and snack

Watch for breadings, it has a large amount of carbohydrates

We recommend that you purchase a carb counting book

Check labels for total carbohydrate grams

Add exercise if permitted by provider

Ideal blood sugar levels

FASTING < 90

1 HR < 120

2 HR < 105

1 AND 2 HOUR BLOOD SUGAR LEVELS

**(This does not include fasting blood sugar levels)**

If your blood sugar level drops below 70 we recommend that you take 15gms of fast acting carbohydrate.

4oz juice, 4 oz soda, 4 glucose tablets, or 1 glucose jell tube.

Wait 15 minutes and recheck your blood sugar, if still below 70 take another 15 grams of fast acting carbohydrate.

If your blood sugar is still below 70 after 30 minutes we recommend that you go to the nearest emergency department for treatment.