



تجمع الرياض الصحي الثاني  
Riyadh Second Health Cluster  
شركة الصحة القابضة



## Gestational Diabetes Mellitus (GDM) 2000 Kcal Daily

## Gestational diabetes mellitus (GDM)

is a condition in which a woman without diabetes develops any degree of glucose intolerance with onset or first recognition during pregnancy.

GDM is caused by a placenta that makes hormones resisting the actions of insulin that cause glucose to build up in the blood.

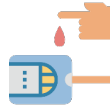
GDM raises the risk of getting type 2 Diabetes Mellitus later in life so any pregnant woman should visit and follow up regularly during pregnancy and after delivery.



### Be aware of GDM complications:

- Incidence of frequent Urinary tract infection.
- Dystocia (Obstructed labor).
- Abortion.
- Fetal Macrosomia (large baby).
- Fetal congenital anomalies (birth defect).

## Blood Glucose level ranges:



- Fasting Blood Glucose should be 70 – 105 mg/dl

(Equivalent 3.9 – 5.8 mmol/l)

- 2 hours after meal should be 70 – 120 mg/dl

(Equivalent 3.9 – 6.7 mmol/l)

## Controlled Blood Glucose level within normal

ranges is the best way to prevent diabetes mellitus type 2 and its complications.

## Symptoms of Hypoglycemia:



- Polyphagia
- Sweating
- Rapid heartbeat
- Dizziness and Syncope
- Confusion and Trembling
- Feeling irritable
- Poor concentration
- Blurred vision
- Coma

## Symptoms of Hyperglycemia:



- Polydipsia
- Fatigue
- Polyuria
- Loss of appetite and feeling vomiting
- Abdominal pain
- Dizziness and Hyperventilation
- Slow wound healing

## General Guidelines:

- ✔ Follow a healthy diet plan to meet the nutrition requirements of pregnancy and manage blood glucose levels.
- ✔ Distribute the foods between three meals and two or three snacks at the same time each day to help and keep the blood glucose at a stable level.
- ✔ Follow the diet plan that is provided by a clinical dietitian with the same serving size and you can exchange any type of food from an exchange lists groups.
- ✔ Read the food label before purchasing any product to know the calories, fats and sugar content.
- ✔ Always check the blood glucose before and after meals and record the results for follow up visiting.

## Prohibited foods:

Sugar, honey, sweetened juices, soda, ice cream, Middle Eastern sweets, cake, chocolate, jelly, custard, cream caramel, pastries like donuts and croissant, dried fruits, jam, sugar preserved food, evaporated milk, mayonnaise, ready-made salad dressing, whole fat cheddar cheese, cream cheese, fried foods, fast foods and all kinds of sweets.

## Make Sure to:

- ✔ Substitute whole fat milk and dairy products with low fat or skimmed products.
- ✔ Eat only 2-3 dates per day as one exchange of fruit in the diet plan.
- ✔ Substitute white bread with brown bread.
- ✔ Consume high fiber foods, like brown bread and green leafy vegetables according to your diet plan. Fiber takes a long time to digest and increases the feelings of fullness. It also helps to control the blood glucose level within the normal range and prevents constipation.
- ✔ Do not add sugar to foods and beverages. Also, avoid using artificial sugar substitutes as the effect on the infant is not clear.
- ✔ Limit caffeine-containing beverages like coffee, tea, chocolate or soda since it interferes with iron and calcium absorption.
- ✔ Drink 6-8 cups of water daily.

## Nutritional Guidelines:

- ✔ Prepare the foods with proper ways (boiling, grilling and steaming) and avoid frying. Also, remove excess meat fat and chicken skin before cooking.
- ✔ Avoid processed and junk foods that contain high fat and sugar.
- ✔ Substitute Maggi and sauces with spices and herbs because they contain a high amount of salt.
- ✔ Limit intake of salt and foods rich in Sodium.
- ✔ Consume raw fruit instead of juices because it contains high fiber.
- ✔ Substitute sweetened juices with nature juice because sweetened juices have low nutritional value and rich in sugar.
- ✔ Consume dark green leafy vegetables that contain high iron to prevent anemia and to increase the absorption of iron it is better to add vitamin C like lemon or tomato to the salad.

## Diet Plan (2000 kcal per day)



- 1 cup of low fat milk or laban without sugar.
- 1/4 Arabic brown bread or 1 slice brown toast.
- 1 boiled egg or 30 gm (2 tbsp.) low fat white cheese or 2 slices low fat cheese.
- Slices of cucumber, tomato or lettuce.

## Snack:

- 1 cup of low fat milk or laban without sugar.
- 1/4 Arabic brown bread or 1 slice brown toast.
- 1 boiled egg or 30 gm (2 tbsp.) low fat white cheese or 2 slices low fat cheese.
- Slices of cucumber, tomato or lettuce.

## Snack:

- 1 cup unsweetened juice or 2 exchanges of fruit.

## Lunch:

- 1/2 cup of low fat milk or laban without sugar.
- Green salad without fat.
- 90 gm of chicken, meat or fish (equal half chicken breast, chicken thigh or 6 tbsp. of meat or chicken minced)
- 1/2 cup cooked vegetable without add potato and without fat.
- 1/2 cup (6 tbsp.) of rice or pasta or groats.
- 1 slice of brown bread + 1/2 cup unsweetened juice.

## Snack:

- 1/2 cup low fat milk without sugar + 4 pieces unsweetened biscuits.

## Dinner:

- Same lunch meal and can exchange meat or chicken with (6 tbsp. beans without fat or low fat cheese).

## snack:

- 1 cup low fat milk or laban without sugar + half sandwich (1 slice brown bread + one egg or 2 slice cheese).

## Food exchange lists

- $\frac{3}{4}$  cup whole fat milk, 1 cup low-fat milk, 1  $\frac{1}{4}$  cup skim milk, 1 cup low-fat yogurt, 1 cup low-fat laban,  $\frac{1}{3}$  cup low-fat powder milk,  $\frac{1}{2}$  cup evaporated milk.

## Vegetable group:

- 1 cup raw vegetables,  $\frac{1}{2}$  cup cooked vegetables,  $\frac{1}{2}$  cup tomato juice.

## Fruit group:

- One orange, one apple, one peach,  $\frac{1}{2}$  piece of grapefruit,  $\frac{1}{2}$  piece of a small mango, 2 slices of watermelon or melon, 15 pieces of small grapes or 8 pieces of large grapes, 2-3 pieces of dates,  $\frac{1}{2}$  cup unsweetened juice,  $\frac{1}{4}$  cup mango or pineapple.

## Starch group:

- One medium potato, 1 slice of brown or white toast, ¼ Arabic brown or white bread, ½ brown or white hotdog sandwich, ½ hamburger burger, 4 pieces of small unsweetened biscuits, ½ cup of cereal, 2 tbsp. grits, 2 pieces of rusk, ½ cup of peas, ½ cup of corn.

## Fats group:

- 1 tsp. of butter, margarine or oil, 1 tsp. mayonnaise, 2 tsp. tahini, 5 pieces olives, 6 pieces of almonds, 1 tbsp. reduced-fat mayonnaise or margarine, 1 tbsp. nuts, 1 tbsp. cream cheese.

Note: Avoid consuming these foods.

## Meat group:

- 30gm cooked meat, chicken or fish, ¼ cup tuna canned in water, whole egg or 3 egg whites, 30gm (2 tbsp.) low-fat cheese or labna, ¼ cottage cheese, 5 pieces of prawns, ½ cup lentils or beans.

# لأن الوعي وقاية

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