

Nutrition Tips to Help You Control Your Blood Glucose During Pregnancy

Blood Glucose Levels

Eating habits and food choices affect blood glucose levels. Not eating at regular times and not eating often enough can cause dips and peaks in your blood glucose. Eating too much food at once can cause blood glucose to go too high.

Eating regularly and following these tips will help you control your blood glucose and help you and your baby stay healthy.

Healthful Eating

- Choose a variety of healthful foods.
- Eat something every 2 to 3 hours.
- Eat 3 meals and 2 to 3 snacks during the day. One of these snacks should be before going to bed.
- Do not skip meals or snacks.
- Do not eat too much or too little. Your baby has constant nutritional needs and counts on you to eat the right amount of healthful foods.

Breakfast

Blood glucose is hard to control in the morning when the hormones that boost your blood glucose level are released.

To help, follow these breakfast tips:

- Eat a small breakfast.
- Eat whole-grain bread products.
- Eat a food that has protein.
- Do not eat cereal or fruit.
- Do not drink fruit juice at breakfast or any other time of the day. Fruit juice raises your blood glucose very quickly.

Sample breakfast

- 1 piece of whole-wheat bread with peanut butter or with an egg and a slice of cheese
- 1 cup of milk (If you don't drink milk, eat 2 slices of bread)

Sweets

Sweets may make your blood glucose go too high. Save eating something sweet for a very special occasion or a rare treat. You should limit sugar-sweetened beverages for the rest of your pregnancy.

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If you decide to have sweets, consider the following portion sizes to help keep your blood glucose in control:

- cookie (2 small sandwich-style or 1 medium-sized cookie)
- candy (1 snack or fun size)
- fruit juice ($\frac{1}{2}$ cup)
- sugar, syrup or honey (1 teaspoon).

Most pregnant people can eat a small amount of sweets in the afternoon or evening without causing a rise in blood glucose.