

HENDERSON & WALTON WOMEN'S CENTER, P.C.

PRENATAL DIET FOR ELEVATED GLUCOSE

ATTN: If you are not contacted within three business days from the date of your test then your test was normal and you will not receive further information from our office.

The results of your glucose screen indicate that your level is above normal. The following diet will assist you in bringing your glucose level back to normal range.

Very important points to remember are:

- **You must control your sugar intake.**
- **You must control fat and amounts of food eaten at meals and snacks.**

Concentrated sugar is found in desserts, candy, sweetened beverages, fruits packed in sugar or syrup, and glazed or candied foods. This diet plan will allow fruits instead of desserts and will also stress milk, juice, and water as beverages rather than sweetened drinks. You should eat unfrosted cereals, and fruits should be packed in their own juice, water-packed, or eaten fresh.

Note: Small amounts of sugar are found in foods like bread, ketchup, etc. These foods DO NOT have to be avoided. Large amounts of sugar are easily detected by taste. A *good rule of thumb*: If the sugar cannot be detected by taste, the level will NOT generally affect glucose control.

General Guidelines for Following This Diet

1. Foods with high sugar content and sweetened beverages are omitted from the diet. Examples: frosted, glazed or candied foods, sweetened coffee, tea, or carbonated beverages and confections, desserts, candy, as well as foods packed in light or heavy syrup.
2. Choose lean meats which include lean beef rounds, lamb or pork loin, skinned poultry, unbreaded fish, and water-packed canned fish. Look for visible fat. Choose those which have more lean tissue and less marbling or outside fat. (Packaged meats with 1-2 grams of fat per ounce are low-fat.)
3. Use low-fat dairy foods such as low-fat yogurt or cottage cheese, 1% or 2% milk, and reduced-fat cheese.
4. Each meal should contain a food from **ALL FOOD GROUPS**. (Note: persons who don't drink milk will need to substitute the dairy foods indicated in the Milk and Milk Products group.)
5. Weigh and measure foods for better accuracy. Use scales for meats, fish or poultry; measuring cups or spoons for other foods. Always measure foods *after* cooking.
6. Salt, pepper, and spices may be used in moderation. Artificial sweeteners in occasional desserts like custard, pudding, or gelatin are permitted, but it is best to avoid use of artificially sweetened coffee, tea, or carbonated beverages. These have no food value and interfere with absorption of calcium and iron.
7. Drink 6-8 glasses of water daily.
8. Avoid frying of all foods. Instead, bake, broil, roast, grill, steam, etc.
9. Use whole grain breads and cereals.

Using the six meal pattern (three meals and three snacks), weight gain will be ADEQUATE but not excessive since the amounts of sugar and fat are being controlled.

Mealtime Serving Sizes:

Meats and Meat Substitutes

Meat, Fish and Poultry	3 ounces
Dried beans or peas	1 cup
Peanut Butter	2 T.
Eggs	1

Breads, Cereals, Starchy Foods

Cereal	1/2 cup
Starchy foods (<i>potatoes, rice, peas, pasta, corn, etc.</i>)	1/2 cup
Saltines	6
Graham crackers	2
Biscuit/roll	1
Dry cereal	3/4 cup

Fruits

Fruit (all fruits are allowed)	1 medium piece
Canned fruit or juice	1/2 cup

Vegetables

Cooked vegetables	1/2 to 1 cup
Raw vegetables	need not be measured for salad

Milk and Milk Products

Milk	8 ounces
Cottage Cheese	1 1/3 cup
Cheese	1 1/2 ounces
Yogurt	1 cup, artificial sweetener (<i>aspartame is safe in pregnancy</i>)

Fats

Include mayonnaise, margarine, salad dressing, oil, etc. **Limit to 1 serving per meal**
(see container labels for serving size)

	<p>Fruit or juice Egg, lean meat, cheese or peanut butter* Toast/cereal Milk or dairy food</p> <p>Sandwich made from lean meat, egg or cheese Vegetable Fruit Milk or dairy food</p> <p>Lean meat, fish, poultry or dried beans or peas Starchy food and bread Green or yellow vegetable Fruit Milk or dairy food</p> <p>(Bold type Indicates protein foods.)</p>
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Snack Serving Sizes:

Protein Foods

Peanut butter	2 T.
Peanuts	20-30
Cheese	1 ounce
Cottage cheese	1/4 cup
Yogurt	1 cup
Milk	8 ounces
Meat	1 ounce

Carbohydrate Foods

Fruit	1 piece or equal to 1/2 cup
Fruit Juice	1/2 cup
Bread	1 slice/1 piece
Saltines	6
Graham Crackers	2 squares

NOTE: Snacks are needed between meals for a more stable glucose level. **Each snack should contain a Protein food and a Carbohydrate food.** You should have a snack in the middle of the morning, middle of the afternoon, and at bedtime.

Occasional **SMALL** servings of desserts may be used with either lunch or supper.

When preparing foods, remember to bake, broil, grill, etc. *Avoid frying!*

Use whole grain breads and cereals.

	<p>Fruit or juice Cheese or peanut butter*</p> <p>Cheese and crackers Fruit juice</p> <p>Cereal or grahams Milk</p> <p><i>* Limit peanut butter to once daily due to fat content. It is used best as a snack or breakfast food rather than a protein source in a meal.</i></p> <p>(Bold type Indicates protein foods.)</p>
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