

Diabetes in Pregnancy – First Line Dietary Advice

Information for patients, relatives and carers

① For more information, please contact:
Department of Nutrition and Dietetics
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Diet plays a very important part in the management of diabetes in pregnancy.

We are aware that receiving a lot of information can be overwhelming at diagnosis. This sheet is intended only as initial dietary advice and you will receive more detailed information and support from your dietitian. Meanwhile, try to replace sugary foods and drinks with low sugar alternatives suggested below.

Sugary food and drink	Low sugar alternatives
Sugar, sucrose, glucose	Low calorie artificial sweeteners
Fizzy pop and full sugar cordial, Lucozade and energy drinks	Diet, low calorie and sugar free versions. No added sugar squash
Sweets	Fresh fruit for snacks. Sugar free mints/sweets
Honey, syrup, treacle, jam, marmalade	Berries or peanut butter
Sweetened breakfast cereals e.g. Sugar Puffs, Frosties, Crunchy Nut Cornflakes	Porridge, bran based cereal (Branflakes, All Bran or own brand), no added sugar muesli, wheat based cereal (Shredded wheat or own brand)

Sugary food and drink	Low sugar alternatives
Sweet biscuits, cakes and sweet pastries, chocolates	Two plain biscuits e.g. Rich Tea, Nice, malted milk, ginger biscuit. Small plain cake (e.g. madeleine) or half a teacake
Tinned fruit in syrup	Fresh fruit, tinned fruit in natural juice. Small amounts of dried fruit
Fruit yoghurts containing sugar/low fat yoghurts	Diet/light/healthy choice and no added sugar yogurts e.g. Shape, Ski Light, Activia no added sugar, Danone light and free
Desserts, whips and mousses containing sugar. Jelly	Sugar free whips, sugar free jelly

Diabetic products are not recommended as they can be expensive and may cause some stomach cramps and diarrhoea.

- Include starchy carbohydrates in meals as they provide the body with energy. Choose **wholegrains** and options that **digest slowly**, these include: granary bread, bran based cereal, new potatoes, sweet potatoes, pasta or basmati rice.
- Try to keep portion sizes of starchy carbohydrates **between a quarter and one third of your plate**. Large carbohydrate amounts can cause blood glucose levels to be too high.
- Include **plenty of vegetables** and a source of **lean protein** with meals (e.g. lean meat, eggs, fish, low fat cheese, tofu or other vegetarian alternatives).
- Choose **whole fruit** rather than juices or smoothies. Have one portion at a time (80g or the amount that fits in one cupped hand).
- General **healthy eating** is recommended to help reduce the risk of diabetes related complications. This means including five or more portions of fruit and vegetables as well as limiting saturated fat and salt in the diet, trying to keep active and maintaining a healthy weight.

Further advice will be available to you from your dietitian or you can access information from Diabetes UK.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Admin Team, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725269 or email Nutrition&Dietetics@york.nhs.uk.

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