

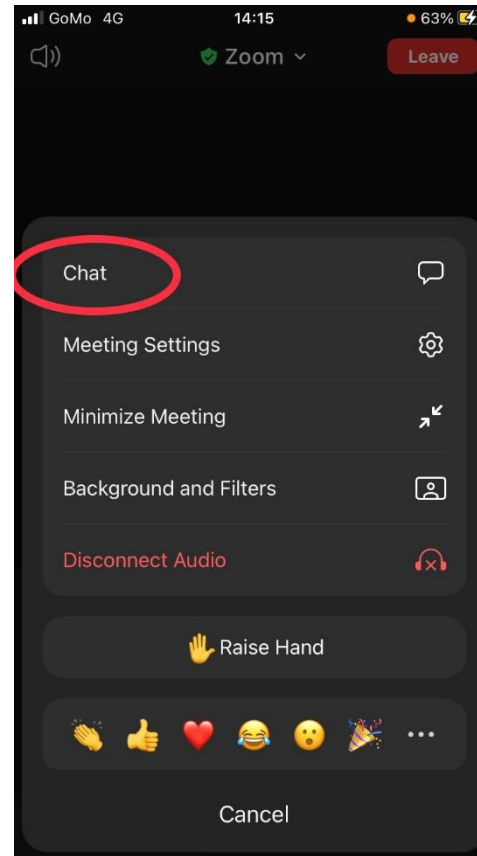
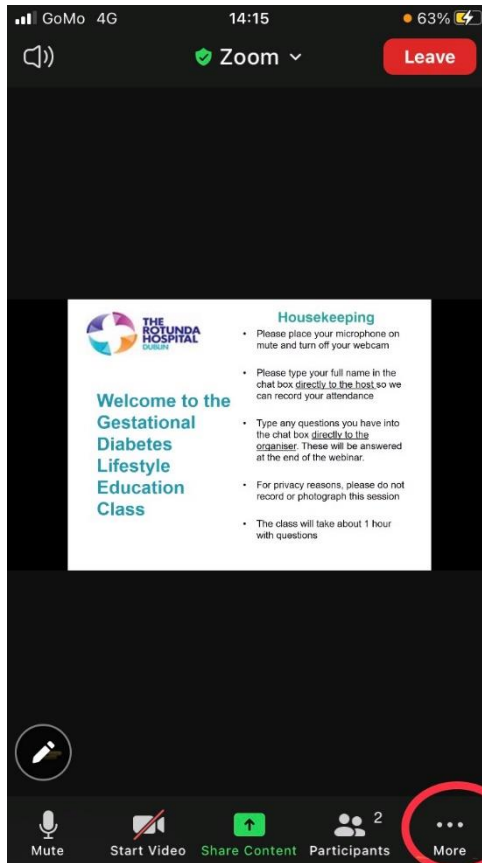


Welcome to the Gestational Diabetes Education Class

Housekeeping

- Please place your **microphone on mute** and **turn off your webcam**
- If viewing on a phone/tablet, it may be clearer to **turn your device landscape**.
- Please **type your full name in the chat box directly to the host** so we can record your attendance
- Type any questions you have into the chat box directly to the organiser. These will be answered at the end of the webinar.
- For privacy reasons, please do not record or photograph this session
- The class will take about **1 hour** plus time for questions.

How to use chat



Everyone

Clinical Nutrition (Host)

Send to: Clinical Nutrition ▾

Laura Smith

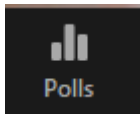


What we will cover today?

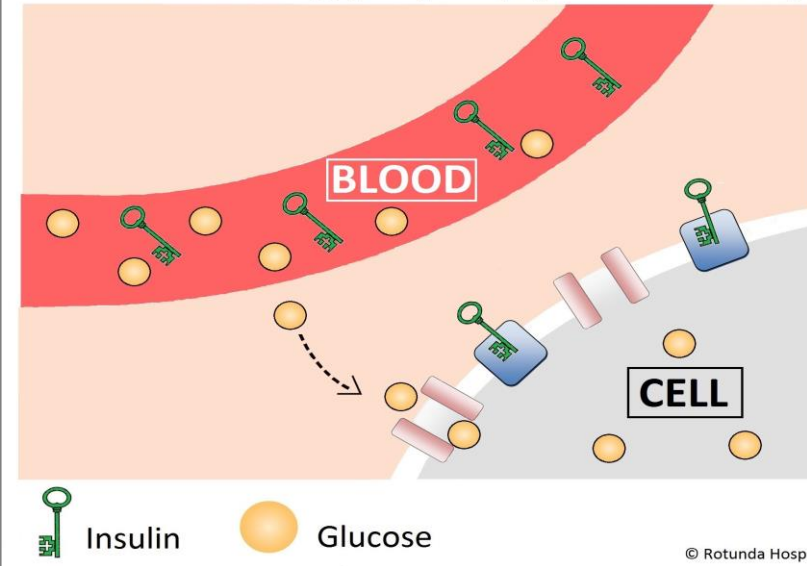


- What is GDM?
- Why does it matter & how to monitor?
- Your diabetes care during pregnancy
- Physical activity and food choices
- Putting meals and snacks together
- Supports
- What happens after baby born?

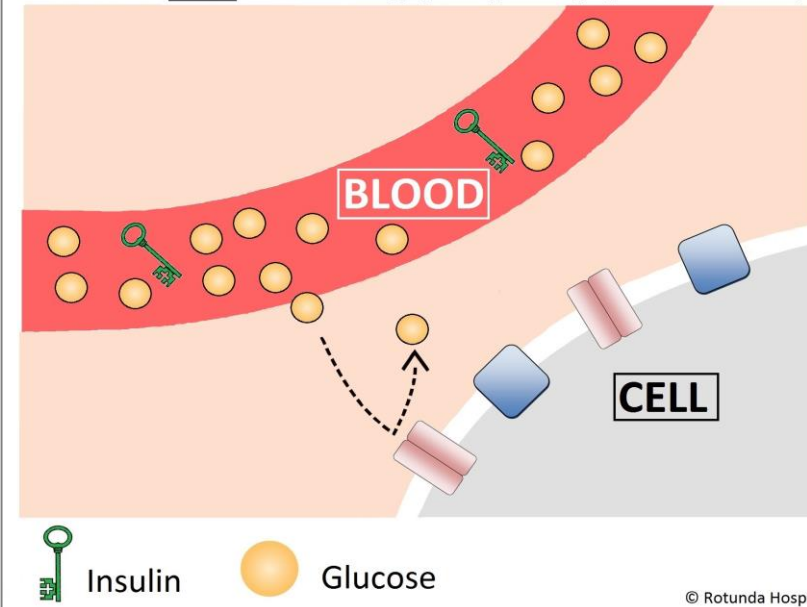
WHY
ME?



Insulin working properly (No Diabetes)

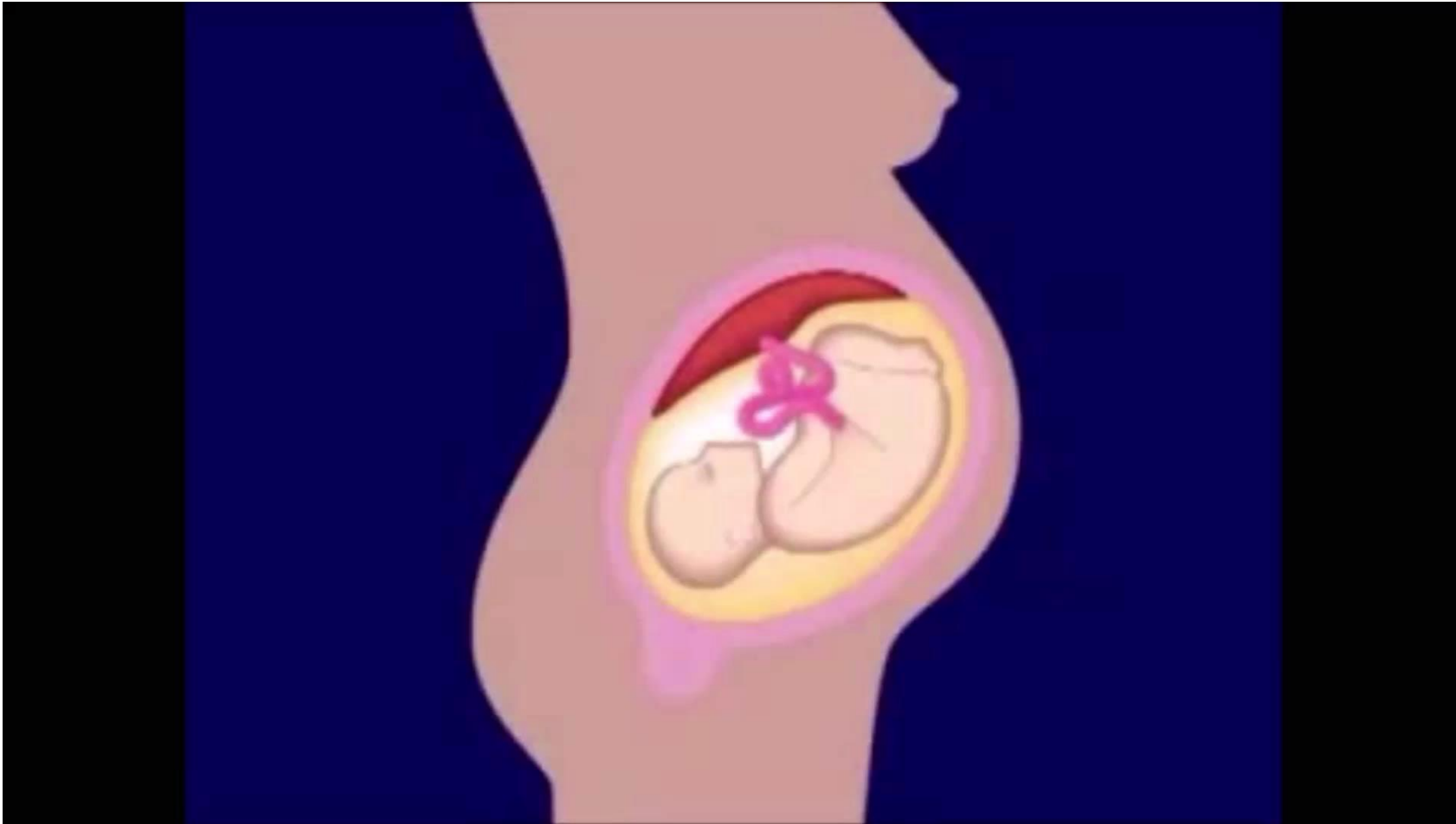


Insulin not working properly (Diabetes)



What is gestational diabetes?

Click the image to start the video



Why is diabetes management important?

- **Good management** of gestational diabetes **greatly reduces the risk** of health problems for mum and baby
- **High blood glucose** levels during pregnancy may lead to:

Health problems for you:

- ☐ Pre-eclampsia
- ☐ Urinary Tract Infections (UTI)
- ☐ Pre-term birth

Health problems for your baby:

- ☐ **Macrosomia** (large baby)
- ☐ **Jaundice**
- ☐ **Respiratory Distress Syndrome** (Breathing difficulties)
- ☐ **Low blood glucose and calcium.**

This may lead to your baby needing admission to neonatal intensive care unit.

Monitoring your gestational diabetes

- The Diabetes Midwife will give you a **glucometer** and ask you to **test your blood glucose** levels **4 times per day**:



	Target value
Before breakfast	Less than 5.3mmol/l
1 hour after you start eating your breakfast, lunch and dinner	Less than 7.8mmol/l

- If you are less than 28 weeks pregnant you will only need to check blood glucose levels **2 days per week**.
- If you are more than 28 weeks pregnant you will be need to check blood glucose levels **every day**.

Monitoring your gestational diabetes

- You should **record all blood glucose results** in your **diabetes diary**.
- **Food, activity, feeling unwell, stress** and **vomiting** can affect glucose levels.
- When you get a **blood glucose reading above the target value**, it is useful to record any possible reasons for this in your diary (see examples below).

Blood glucose test results

	Breakfast		Lunch		Evening meal		Before bed
	Before	After*	Before	After*	Before	After*	
Monday	4.3	6.9		6.8		6.5	
	Carbs		Carbs		Carbs		Carbs
Tuesday	4.5	6.7		6.9		8.5	
	Carbs		Carbs		Carbs		Carbs
Wednesday	4.5	8.2		6.5		6.8	
	Carbs		Carbs		Carbs		Carbs
Thursday	4.8	6.4		6.7		6.9	
	Carbs		Carbs		Carbs		Carbs

				Ate very large dinner
				Had extra bread after breakfast

Monitoring your gestational diabetes

- You will be given an appointment time for the **Breakfast Club telephone clinic** every 2-4 weeks.
 - **The diabetes midwife will phone you** to discuss your blood glucose results
- You will be given an appointment for an extra **ultrasound scan** when you are **32 weeks** pregnant to monitor your baby's growth.
- If your diabetes is well-controlled after 36 weeks, you will be discharged from the breakfast club.
 - You must continue to follow the diet and lifestyle advice until delivery.

Diabetes midwife

- Questions



Emotional Journey

At Diagnosis



Weeks After Diagnosis



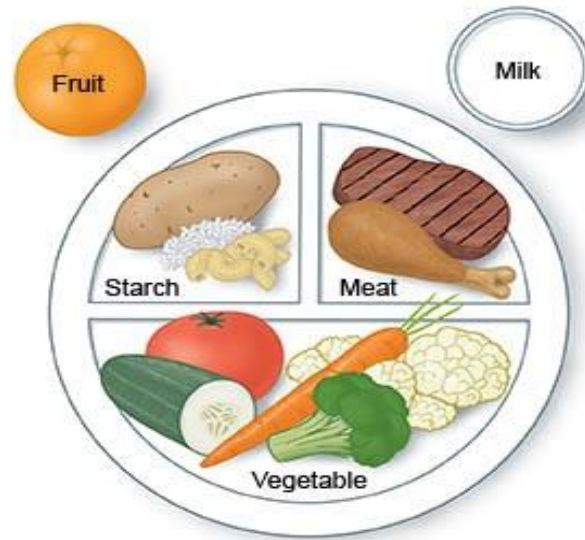
After Delivery of Baby



A Treatment Plan for GDM

For most women gestational diabetes can be managed with:

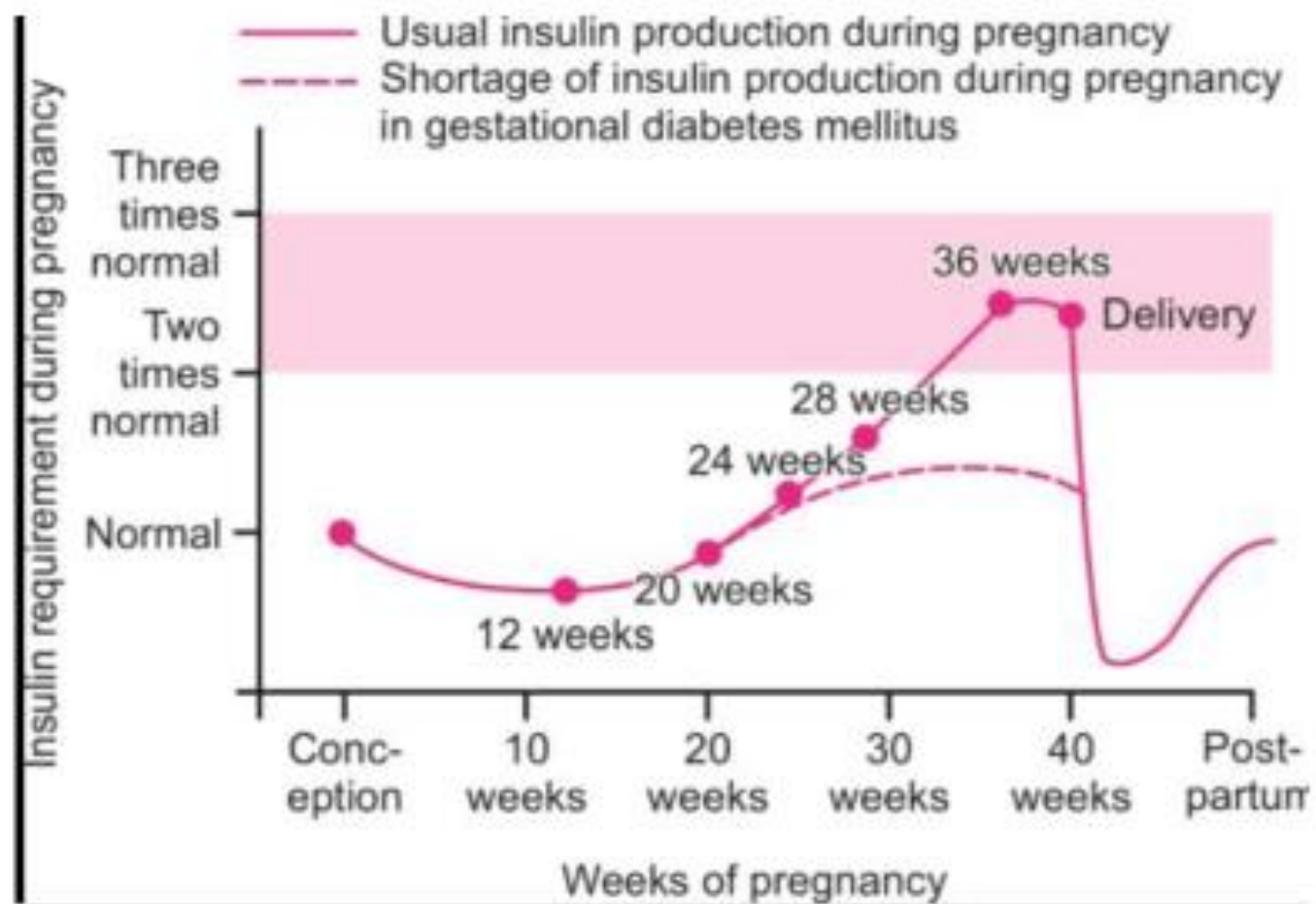
FOOD CHOICES



+

PHYSICAL ACTIVITY





Physical activity for pregnant women



Helps to control
weight gain



Helps reduce high blood
pressure problems



Helps to prevent
diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

Not active?

Start gradually

Already active?

Keep going



Do **muscle strengthening**
activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt



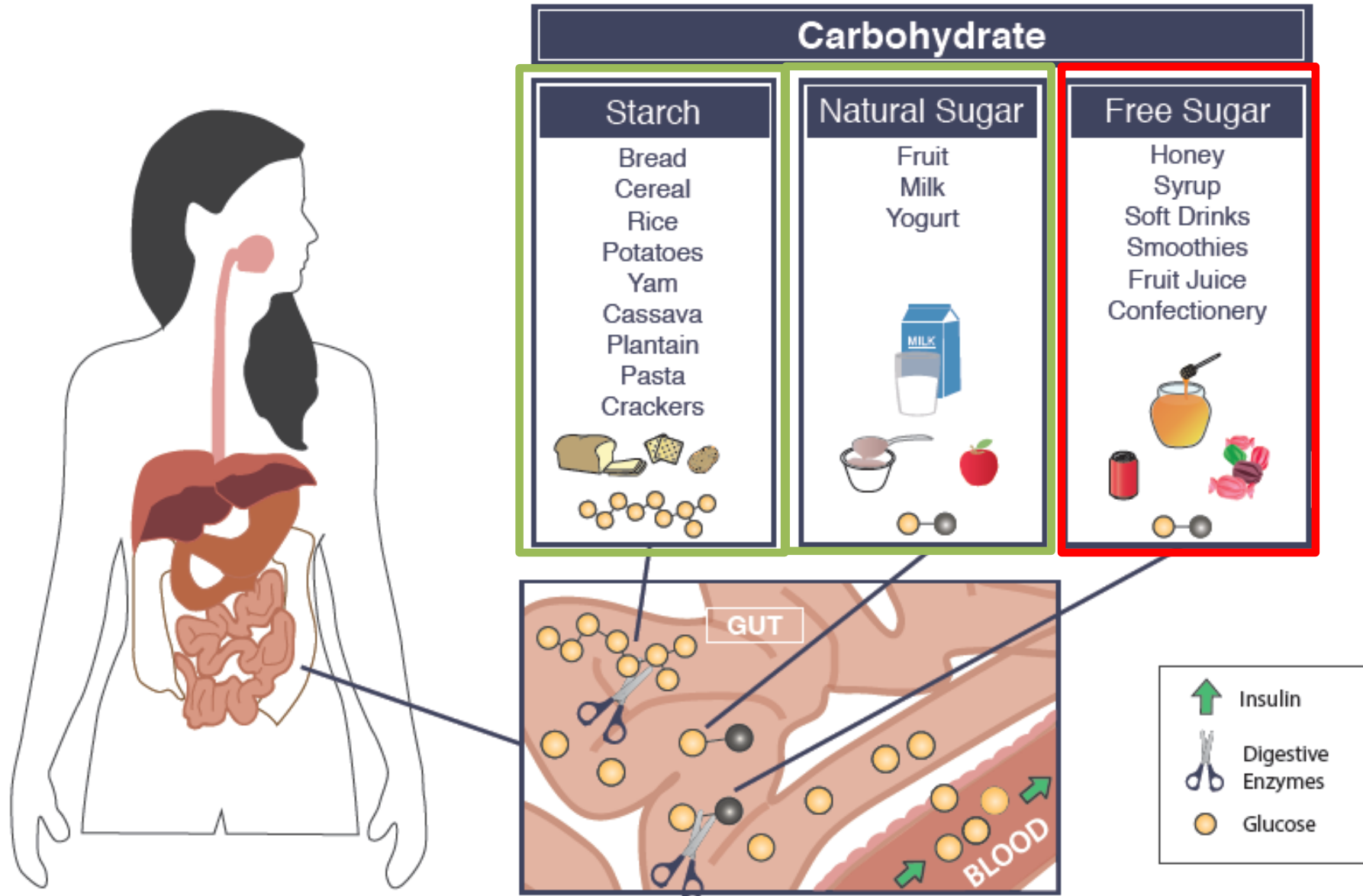
Don't bump the bump

<https://rotunda.ie/diabetes/>



The Bump Room

Where does glucose come from?



Carbohydrate and blood glucose levels

- The key to managing your blood glucose levels is:
 1. Eat **regular meals** and **snacks** containing carbohydrate
 2. Choose the **right type** of **carbohydrate** foods
 3. Watch your **carbohydrate portion** size



Carbohydrate-free foods

Fat



Oil



Butter



Protein



Fish



Meat



Cheese



Nuts



Eggs



Water/Vitamins



Broccoli



Salad



Tomatoes



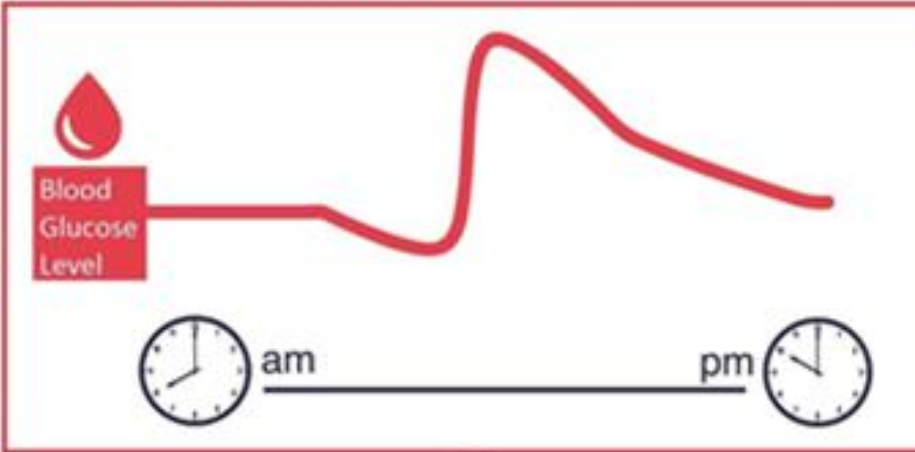
Onions



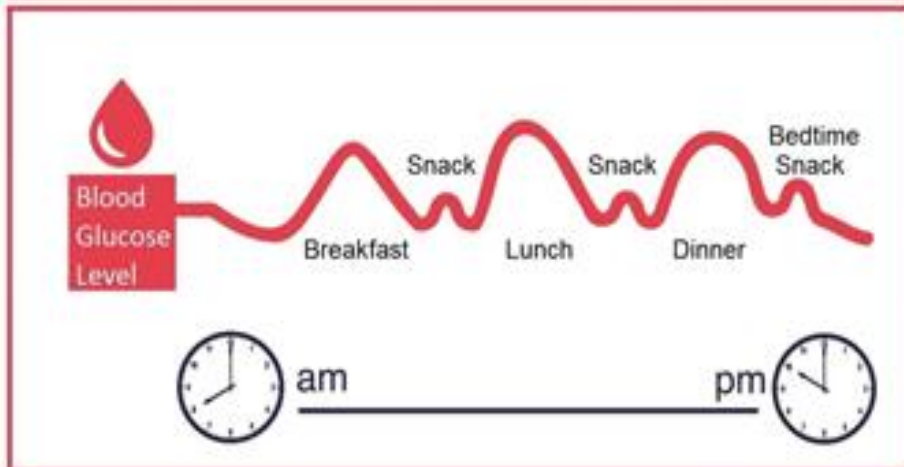
Does **NOT** turn into Glucose

Step 1: Eat regular meals and snacks with carbohydrate

Blood Glucose level when eating one large meal with too much carbohydrate.

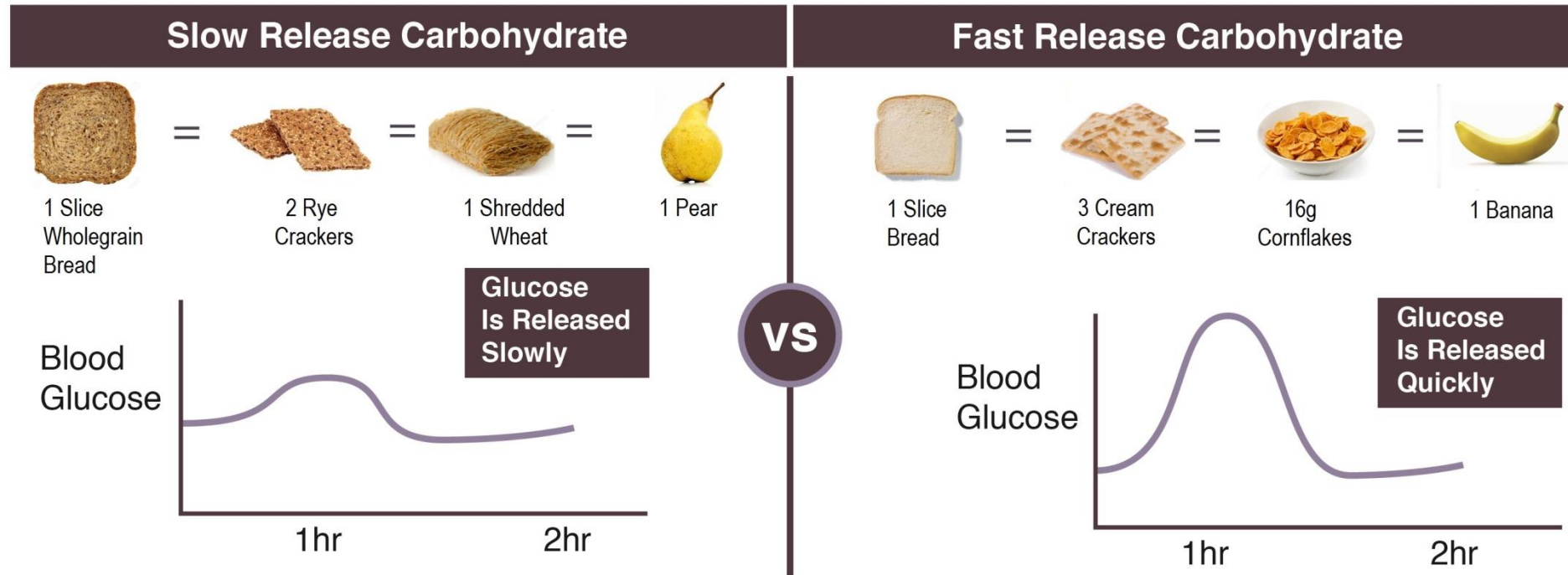


Blood Glucose level when eating regular meals without too much or too little carbohydrate.



- ✓ Regular meals
- ✓ Regular snacks
- ✓ Small amount of carbohydrate at breakfast
- ✓ Avoid large amounts of carbohydrate late in the evening

Step 2: Choose Slow-Release Carbohydrate Foods



© Rotunda Hospital



Choose these foods.



Limit or avoid these foods



Try to choose these foods at most of your meals.

BETTER carbohydrate choices	
Bread	<ul style="list-style-type: none"> Wholegrain, multiseed, stoneground, rye, "Low GI", sourdough: for example, McCambridge® "Wholewheat" or "High Fibre and multiseed"; Johnson Mooney & O'Brien® "Great Grains"; Brennans® "Wholegrain Chia" or "Be Good" wholegrain (<i>Aim less than 15g carbohydrate per slice of bread</i>) Pita, chapatti, roti made from chickpea or whole-wheat flour. Wholemeal or seeded tortilla wrap
Cereals	<ul style="list-style-type: none"> Jumbo porridge oats, All Bran® (sticks) or Shredded Wheat®.
Grains	<ul style="list-style-type: none"> Whole-wheat pasta, white pasta. Egg noodles, white basmati rice, brown rice. Whole barley, quinoa, wholemeal couscous.
Potato	<ul style="list-style-type: none"> Boiled new or baby potatoes (with skin). Sweet potatoes, yams, cassava.
Snacks	<ul style="list-style-type: none"> Rye crispbread with seeds (e.g. Ryvita®), oatcakes. Popcorn (preferably unsalted).
Fruit	<ul style="list-style-type: none"> Apple, pear, peaches, plums, berries, fresh figs, kiwi, oranges.
Milk & Yoghurt	<ul style="list-style-type: none"> Plain, Greek, natural, "diet" and no added sugar yoghurts, for example, Danone® "Activia 0%", Muller® Light, Irish yoghurts® Diet, (<i>Aim less than 12g carbohydrate per serving</i>) Whole, low-fat and skimmed milks. Milk alternatives (soy, nut and oat milks) with <u>no added sugar</u> (<i>aim for 5g total carbohydrate per 100ml, or less</i>).

Choose bread with less than 15g carb per slice



Avoid white and thick cut wholegrain bread



Suitable yogurts



Avoid foods high in sugar

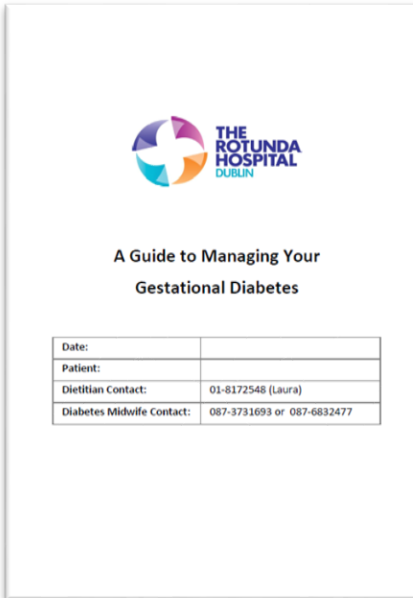


Choose sugar-free



Step 3: Watch your carbohydrate portion sizes

- Page 9 in your Gestational Diabetes booklet contains a list of **carbohydrate “choices”**.
- **1 carbohydrate choice = 10-15g carbohydrate**
- As a guide, **most women need** to eat:
 - 1-2 carbohydrate “choices” at breakfast
 - 3-4 carbohydrate “choices” at lunch and dinner
 - 1 carbohydrate “choice” at snacks



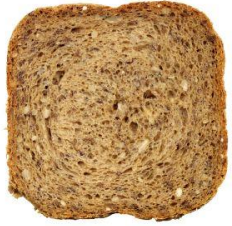
THE ROTUNDA HOSPITAL DUBLIN

A Guide to Managing Your Gestational Diabetes

Date:	
Patient:	
Dietitian Contact:	01-8172548 (Laura)
Diabetes Midwife Contact:	087-3731693 or 087-6832477

Step 3: Watch your carbohydrate portions

1 Carbohydrate choice =



**1 slice
Wholegrain
bread**



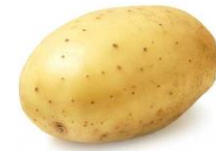
**2 Ryvita
crackers**



**½ Tortilla
wrap or
Chapatti**



**50g or ½ cup
Basmati Rice or
Wholewheat Pasta
(Cooked)**



**100g potato
(boiled)**



**45g Yam
(boiled)**



**1 Shredded
Wheat**



**20g Jumbo
Oats**



**40g All Bran
(Sticks)**



1 Glass of Milk



1 Pot of Yoghurt

Fruit

1 carbohydrate choice =



1 Medium Fruit
(Apple, Orange, Pear)



2 Small Fruit
(Plum, Mandarin orange, Kiwi)



**1 Cup/ Handful
of Berries**

- Limit fruit to **2-3 choices per day**
- Eat 1 choice at a time.
- **Generally avoid:** fruit at breakfast.
- **Avoid:** juices, smoothies and dried fruit (raisins, dates, dried figs, prunes).

Vegetables

Vegetables:



- **Salad and green vegetables** are very low in carbohydrate. **Enjoy these freely!**
- **Beans, peas and lentils** (dahl) contain some carbohydrate:
 - Glucose is released very slowly.
 - If you are including more than ½ cup in a meal, you may wish to choose a smaller portion of other starchy carbohydrates foods.



Dairy

1 carbohydrate choice =



1 Glass of Milk



1 Pot of Yoghurt

- Include **3-5 portions of dairy per day**
- Choose:
 - ✓ low-fat milk
 - ✓ plain, natural, no-added sugar or “diet” yoghurts.
 - ✓ 30g of cheese also counts as a dairy portion, but does not need to be counted as a carbohydrate choice.

Reading food labels

Strawberry Yogurt		
	Per 100g	Per serving (125g)
Energy (kcal)	90	104
Fat (g)	2.8	3.2
Of which saturates (g)	1.9	2.2
Carbohydrate (g)	12	14
Of which sugars (g)	12	14
Protein (g)	3.9	4.5
Salt (g)	0.14	0.16
Calcium (mg)	145	166
Ingredients: Yogurt, Strawberry (8%), Sugar , Tapioca starch, Stabiliser (Pectin), concentrated Lemon Juice, black Carrot Juice Concentrate, Natural flavouring, Milk minerals, Cultures		

Check the Nutrition:

Aim for **less than 12g total carbohydrate** per pot.

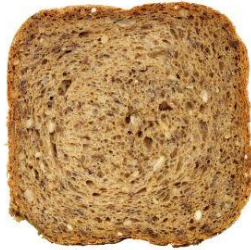
Strawberry No Added Sugar Yogurt		
	Per 100g	Per serving (125g)
Energy (kcal)	49	56
Fat (g)	0	0
Of which saturates (g)	0	0
Carbohydrate (g)	6.6	7.6
Of which sugars (g)	6.4	7.4
Protein (g)	4.4	5.1
Salt (g)	0.19	0.22
Calcium (mg)	172	198
Ingredients: Fat Free Yogurt, Strawberry (12%), Oligofructose, Flavourings, Modified maize starch, Stabilisers (Pectin, Carrageenan,) Black Carrot Juice Concentrate, Acidity Regulators, Sweeteners, Vitamin D, Cultures		

Check the Ingredients:

Avoid “sugar”, “fruit juice”, “glucose”, “maltose”, “dextrose”, “fructose”, “syrup”

Cereals, grains and starch

1 Carbohydrate choice =



2 Carbohydrate choices =

Pitta Bread (wholemeal)



Tortilla (wholemeal)



Pasta Bows



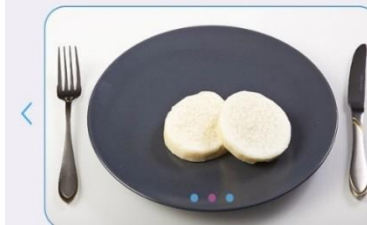
Basmati Rice



Sweet Potatoes (baked)



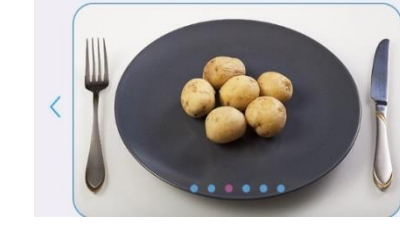
Yam (boiled)



Noodles (egg)



New Potatoes (boiled)



Images from the Carbs & Cals iOS app

Cereals, grains and starch

3 Carbohydrate choices =

Chapati (with butter)



Basmati Rice



Sweet Potatoes (baked)



New Potatoes (boiled)



Plantain (boiled)

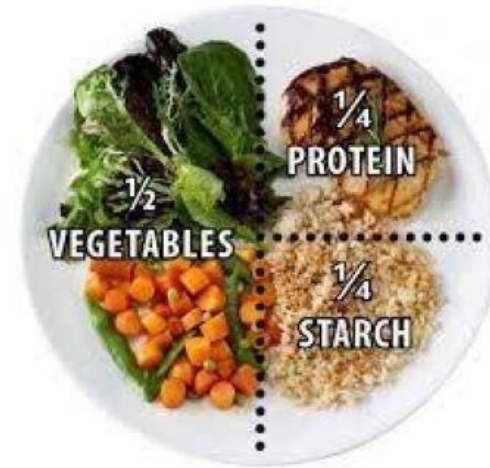


Cassava Chips (baked)



Images from the Carbs & Cals iOS app

Cereals, grains and starch



**1 Cup or 1 Fist or 1/4 plate
of cooked rice, pasta, egg noodles etc.**

2
= carbohydrate
choices

What we've covered so far...

1. Importance of **activity** in managing blood glucose
2. Think about carbohydrate:
 - Which foods contain carbohydrate
 - Eating **regular meals** and **snacks**
 - Choose the **right type** of **carbohydrate** foods
 - Watch your carbohydrate **portion size**

Next..... Putting meals and snacks together

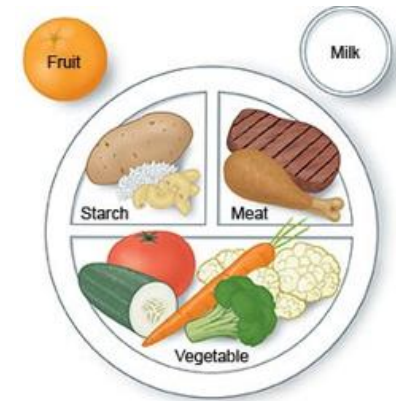


Putting meals and snacks together

- Choose **slow release carbs**
- Choose the **right amount of carbs** for that meal or snack

As a general guide, most women will need to eat:

- ✓ 1-2 carbohydrate “choices” at **breakfast**
- ✓ 3-4 carbohydrate “choices” at **lunch and dinner**
- ✓ and 1 carbohydrate “choice” at **snacks**



- Add **protein** – meat, chicken, eggs, tofu, Quorn
- Add **healthy fats** – olive or rapeseed oil, avocado, pesto, spread
- Add **vegetables or salad** – broccoli, cabbage, carrots, mushroom, lettuce, tomatoes
- Add **flavour** – seasoning, herbs, spices, soya sauce, low salt stock cubes, tinned tomatoes, passata, tomato puree.

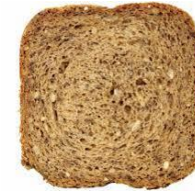
Breakfast

(1-2 carbohydrate choices)

2 slices wholegrain toast + egg/cheese, avocado and tomato



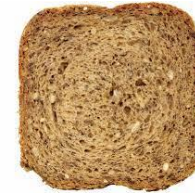
1 slice wholegrain toast + 1 pot diet yoghurt



&



1 slice wholegrain toast + 100g low sugar baked beans



&



Suitable breakfast cereal, such as:

- 1 Shredded Wheat[®]
- 30-40g All-Bran[®] sticks + 150-200ml milk
- 40g porridge (jumbo oats) (made on water) + boiled egg
- 30g porridge (jumbo oats) made with 200ml milk



Images from the Carbs & Cals iOS app

Breakfast

(1-2 carbohydrate choices)



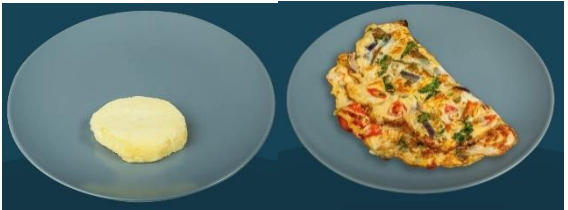
100g cooked basmati rice and meat/vegetable curry



2 small chapatti (60g in total) and meat/vegetable curry



1 medium sized chapatti (60g) and scrambled egg



1 slice boiled yam and vegetable omelette



100g boiled unripe plantain and scrambled egg

Lower carbohydrate breakfast options



2 slices = 1.5
choices



1 ½ Carbohydrate choices

Lunch and Dinner

(3-4 carbohydrate choices)

3 Carbohydrate choices =



2 Choices



1 Choice

4 Carbohydrate choices =



2 Choices



1 Choice



1 Choice

Lunch and Dinner: (3-4 carbohydrate choices)

Basmati Rice



2 Choices (100g rice)



1 Choice

3 Carbohydrate choices



3 Choices (150g rice)



1 Choice

4 Carbohydrate choices

Lunch and Dinner: (3-4 carbohydrate choices)



3 Choices (150g pasta)



1 Choice

4 Carbohydrate choices



3 Choices (150g egg noodles)



1 Choice

4 Carbohydrate choices



3 Choices



1 Choice

4 Carbohydrate choices

Lunch and Dinner

(3-4 carbohydrate choices)

3 Carbohydrate choices =



Very high carb meals



Margherita Pizza
(Classic)



Lamb Curry & Rice
450g curry, 300g rice



Chicken Biryani



Suitable snacks (1 carb choice + protein):

Choose 1 option per snack



and



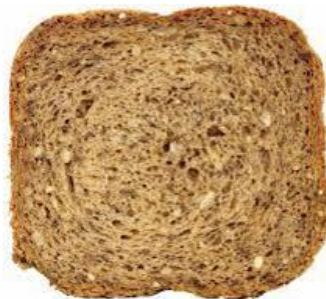
or



and



or



and



Suitable snacks (1 carb choice + protein):

Choose 1 option per snack



Or



Or



Or

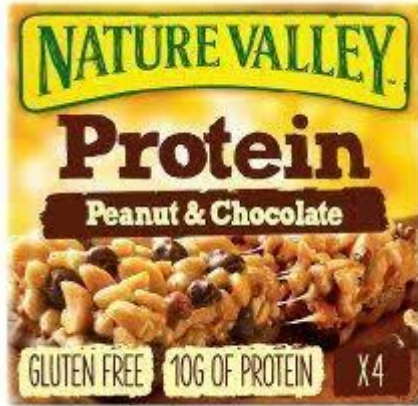


Or



Images from the Carbs & Cals iOS app

'Sometimes' foods



~ 10 g carbs



~ 35-50 g carbs

More meal ideas...

Breakfast

- Granola
- Shakshuka with feta
- Banana pancakes
- French toast
- Baked oats with raspberries

Dinner

- Lasagne
- Chilli con carne
- Thai Green curry
- Pizza Wrap
- Sweet potato shepherds pie

Lunch


- Chapatti wrap
- Tuna pasta salad
- Club pita
- Chicken noodle soup
- Veggie omelette with sausages and toast

Snacks – savoury and sweet

- Roasted chickpeas
- Mezze platter
- Bruschetta
- Banana bread
- Energy balls
- Chocolate mousse




Frequently Asked Questions



High fasting levels (before breakfast)
High levels after breakfast
High levels after other meals
Feeling hungry or have lost weight

What happens after my baby is born?

- You must attend a **postnatal “Glucose Tolerance Test” 6 weeks** after your baby is born to check your blood glucose level has returned to normal.
- **Breastfeeding** is encouraged for all women with gestational diabetes. 
- Continue to follow a **healthy eating diet** and physical activity
- For **future pregnancies**, contact your diabetes service as soon as you find out you are pregnant.

Rotunda Lactation Specialists

Breastfeeding Wrap-Around clinic for anyone who experienced breastfeeding challenges in the past or have gestational diabetes:

<https://rotunda.ie/parent-education/resources/>

Phone: 01-8171766 Email: cmtbf@rotunda.ie

What if I need extra support with my diet?

Visit the diabetes section of the **Rotunda website** (www.Rotunda.ie/diabetes) for some extra resources:



- A recording of the GDM “Lifestyle Class” webinar.
- A video demonstrating how to use your glucometer.
- Exercise videos from Rotunda physiotherapists.
- A recipe booklet
- Information translated into other languages (Russian, Chinese, Polish, Arabic and Romanian).
- Indian and African food choices.

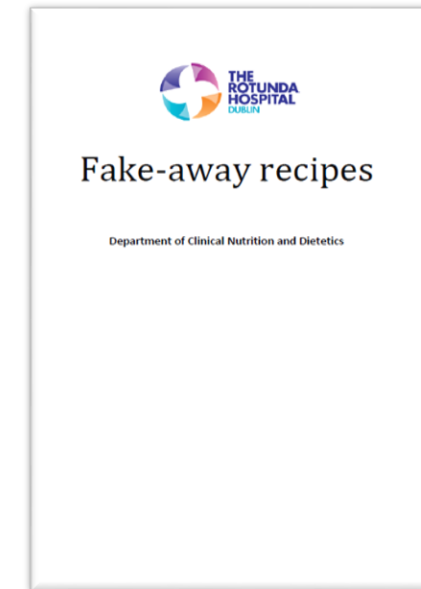


You can also call the **dietitian** (01-2119381 or 01-8172548) or **diabetes midwife** (087-3731693) if you have any concerns or questions about your diabetes management.

You should keep an eye on the **Rotunda Instagram** and **Facebook** pages for some extra tips and resources around the holidays.



If you are feeling particularly anxious, worried or overwhelmed about your diagnosis of GDM, please call our **Mental Health team** on 01-8730632 for extra support.



The next steps....

- ✓ Testing your blood glucose levels
- ✓ Changes to food and activity
- ✓ Check and record your weight (every 2 weeks)
- ✓ Take a daily pregnancy multivitamin
- ✓ Phone review with diabetes midwife
- ✓ Extra supports

- *The Bestselling Carb & Calorie Counter*

website www.carbsandcals.com

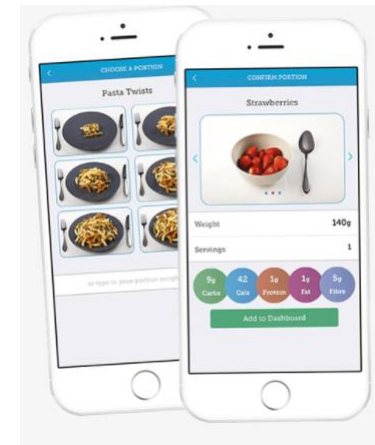
youtube [carbsandcals](https://www.youtube.com/carbsandcals)

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instagram [@carbsandcals](https://www.instagram.com/carbsandcals)

email info@carbsandcals.com



Thank you and feedback

- Please type your questions in the text box

