

# PROTECT TOP TIPS

## Managing Type 2 Diabetes in Pregnancy



**PREGNANCY GLUCOSE TARGETS: Fasting <5.3 mmol/l and 1-hour after meals <7.8 mmol/l**

- ☆ **Managing diabetes in pregnancy can be stressful**
- ☆ **Here are some tips to help you reach your targets**
- ☆ **Pick one or two tips at a time**

### Food Tips

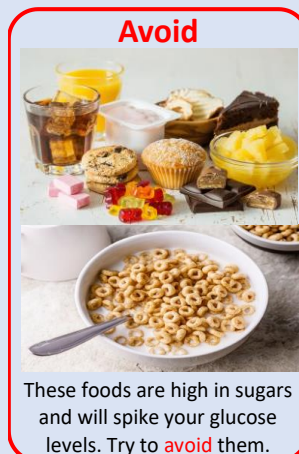
- Eat small carbohydrate portions**  
You and your baby need carbohydrate for energy and health. However, you should try to eat **small portions** of bread, potatoes, pasta and rice.



- Eat slowly absorbed carbohydrates**  
Quickly absorbed carbohydrates (fruit juices, tea with sugar, white bread, breakfast cereals) give a **larger glucose rise**. Slowly absorbed carbohydrates (e.g. wholegrain bread, brown rice, whole wheat pasta) give a **smaller glucose rise**: This helps to keep your glucose levels in target.

- Eat more protein and vegetables**

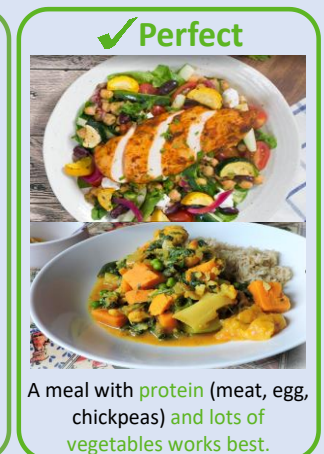
Eating more protein (meat, fish, chicken, cheese, eggs, tofu, lentils, pulses) and vegetables will stop you from feeling hungry. These foods help to keep your glucose levels in target.



These foods are high in sugars and will spike your glucose levels. Try to **avoid** them.



These foods are better but are still high in carbohydrates. **Don't eat too much** of them.



A meal with **protein** (meat, egg, chickpeas) and **lots of vegetables** works best.

- Eat an early dinner**  
It is harder to reach your fasting glucose target if you eat after 6-7pm. Some women have their **main meal at lunchtime**, with a **smaller meal around 6-7pm**.

- Limit between-meal snacking**  
**Sweets and cakes are very tempting but they will cause higher glucose levels.** For safer ways to satisfy cravings that won't spike sugar levels as much: try a glass of milk, fruit, natural yogurt, a small handful of nuts, carrots and hummus, cherry tomatoes, wholewheat crackers, oatcakes with cheese.  
**Remember, during pregnancy your baby eats what you eat.**

### Other Tips

- Keep active**



Being active after eating will help to keep your glucose levels in target. Try going for a walk or being active around the house or work-place.

**Try to get 30 minutes of activity every day**

- Timing of pre-meal insulin**



Giving insulin before eating will help to keep your glucose levels in target and lower your risk of having a hypo (low glucose level) between meals.

Try giving insulin **at least 15 mins** before eating, extending to **30 mins or longer** as needed.

	<b>Foods To Limit (Faster Carbs)</b>	<b>Try Instead (Slower Carbs)</b>
<b>Breakfast</b>	<b>Sugar-coated breakfast cereals:</b> Cornflakes, Rice Krispies, Special K, Sugar Puffs, Coco Pops, muesli and granola <b>Most women don't tolerate cereal</b>	<b>High fibre cereals:</b> Porridge oats (jumbo) Small portion of high fibre cereal like Shredded Wheat
	<b>Preserves:</b> Jam, honey, maple syrup, marmalade, chocolate spread	Marmite, Vegemite, nut butters such as peanut butter (if no allergies)
	<i>Healthy choice examples:</i> <ul style="list-style-type: none"> <li>✓ 1 slice whole wheat toast with poached or scrambled eggs, mushrooms, tomato, cheese, ham, bacon or avocado</li> <li>✓ 1 small pot of natural or Greek yoghurt topped with chopped fruit or berries, nuts, seeds</li> <li>✓ Handful of jumbo porridge oats in milk, yoghurt, or crème fraiche, topped with nuts, seeds or berries</li> </ul>	
<b>General carbohydrates - meals and snacks</b>	<b>White bread:</b> Rolls, pitta, naan, baguette, croissant, chapattis, panini, wraps	<b>Higher fibre breads:</b> Whole wheat, rye, granary, sourdough and multi-grain breads, or wholemeal chapattis
	<b>Rice, pasta, grains:</b> Limit your portion sizes	Basmati or brown rice, whole wheat pasta, couscous, bulgur wheat, semolina, tapioca in small portions
	<b>White flour-based foods:</b> Cakes, biscuits, cream crackers, Ritz, Tuc, water biscuits, yorkshire pudding, dumplings, pizza, pasties, quiche, pies, sausage rolls, spring rolls, fish fingers, battered fish	Oatcakes Whole wheat crackers or crisp-bread e.g. Ryvita Wheatmeal digestives, Hobnobs, Hovis biscuits (one or two)
	<b>Processed snacks:</b> E.g., Hula Hoops, Quavers, Pringles, baked crisps, Monster Munch, French Fries, Skips	Sliced potato crisps, e.g., Walker's or Kettle crisps Salted or natural popcorn
	<b>Processed potatoes:</b> Oven chips, french fries, waffles, croquettes, smiley faces, frozen roast potatoes, instant potato, ready meals with potato topping	<b>Home cooked potatoes:</b> Boiled (with skin) is best, small baked potato Sweet potato, yam, cassava
	<b>Ready meals/stir in sauces/takeaway:</b> Some ready meals and sauces are high in sugars e.g., sweet & sour sauces, jar or packet Asian sauces, Chinese takeaway, tomato soup, baked beans, tinned spaghetti	Reduced sugar baked beans (or drain off sauce)
<b>Sweets and desserts:</b>	<b>Sugar:</b> Sugar, glucose, maltose, dextrose, honey, treacle	<b>Artificial sweeteners</b> in small quantities Splenda, Sweetex, Hermesetas, Nutrasweet, Candarel
	Dried fruit, dates, raisins Sweets, chocolates, mints Sweet puddings and ice cream Tinned fruit in syrup Melon, mango, pineapple	1 cup of fresh or frozen fruit, tinned fruit in natural juices (juice drained off) Yogurt: natural, greek-style, Icelandic (Skyr), fruit yogurt Sugar free jelly, dark chocolate (1-2 squares), 1 scoop vanilla ice cream (no sauce etc.)
	Condensed, evaporated milk	Crème fraiche, cream, fromage frais
	<b>Drinks</b>	<b>Cold drinks:</b> Fruit juices and smoothies, full sugar squash and fizzy drinks, Lucozade
Bed-time and malted drinks: Ovaltine, Horlicks, drinking chocolate		Cadbury's Highlight, Ovaltine Options, cocoa powder.



### Further information

For more information for people with type 2 diabetes and their friends & family:

<https://www.youngtype2.org/>

<https://www.tommys.org/pregnancy-information/pregnancy-complications/type-1-or-type-2-diabetes>