

at peace with  
**DIABETES**

# NUTRITION

*Lifestyle changes during pregnancy*

This might be the first time you learn about diabetes. It may feel scary or even hard to believe you have diabetes because in fact, you probably don't feel much different than before. At KMHC, many people are available to share with you useful knowledge that will help you make decisions to keep both you and your baby safe throughout the pregnancy while you continue to enjoy life! When you are ready to start your journey, we hope to make you feel empowered and at peace with **DIABETES**.



## Keep Blood Sugar Level at Target

Before meals

**5.2** or less

1h after eating

**7.7** or less

2h after eating

**6.6** or less

Morning is when pregnancy hormones affect blood sugar the most.

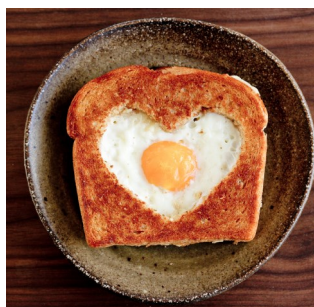
**Extra steps  
you can take at  
breakfast if blood  
sugar remains  
over target**



☐ **FILL 3 SEATS** in your canoe instead of 4.

☐ **CHOOSE** whole grains like brown bread or plain oatmeal !

☐ **AVOID** fruit juice and breakfast cereals.



## 5 HEALTHY BREAKFAST IDEAS

**THE BASIC :** 1-2 Whole grain toasts, peanut butter and a cup of milk.

**NUTS ABOUT OATS :** 1/2 cup oats, 1 cup milk, 1/4 cup chopped walnuts and 1 tsp. maple syrup.

**MEXICAN BURRITO :** Scrambled eggs, black beans, avocado and salsa on whole wheat tortilla.

**MEDITERRANEAN :** Spinach and mozzarella omelet with sliced tomatoes and whole grain toasts.

**TO GO :** Small homemade bran muffin, a drinkable yogurt and 1/4 cup unsalted almonds.

# Choose Safe Beverages !

Choose often	Limit	Avoid
Flat / Sparkling Water	100% Pure Fruit Juice	Alcohol
Milk		Soda
Unsweetened soy beverage		Iced Tea / Lemonade / Iced Capp
Safe Herbal Teas		Fruit Punch
Unsweetened Coffee / Tea		Chamomile Tea

## FOR A BURST OF FLAVORS, TRY INFUSING WITH NATURAL FRUITS & HERBS!

Strawberries + Basil

Apple + Cinnamon

Watermelon + Jalapeño

Raspberries + Pineapple

Cucumber + Mint

Lemon + Ginger

Red raspberry leaf, peppermint leaf, lemon balm, citrus / orange peels, ginger root and rosehip.



## GO EASY ON SWEETENERS!

If you decide to use sweeteners, choose Steviol glycosides, Sucralose, Saccharine or Aspartame.

**AVOID cyclamates during pregnancy.**



## Keep Active During & After Pregnancy

**now**

### Start moving!

Being active every day will help your body deal with excess sugar. It might even limit the need for medication!

**wk 35**

### You may need to do a little more

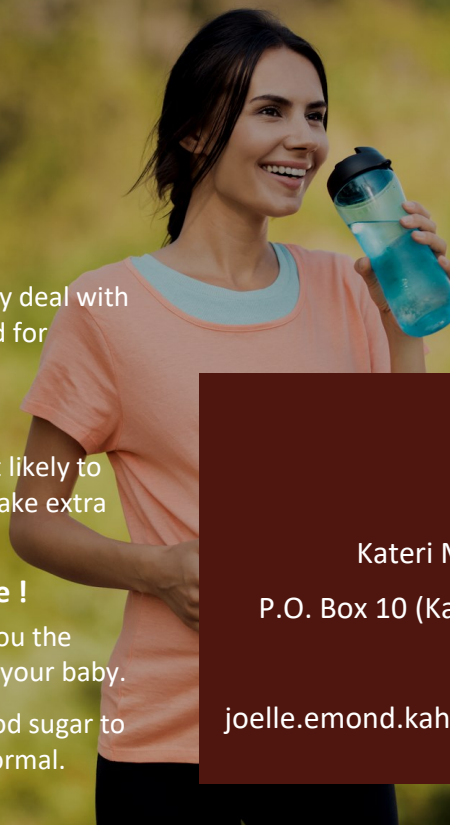
At this point, resistance to insulin is most likely to increase in your body. You may have to take extra steps to keep blood sugar level at target.

**after**

### Continue eating well and being active !

Maintaining a healthy lifestyle will give you the energy you need to take care of you and your baby.

Six weeks after delivery, expect your blood sugar to be tested again to check if it is back to normal.



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