



Ohio Gestational Diabetes Mellitus  
(GDM) Learning Collaborative

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Check your risk. Protect your family.

# Gestational Diabetes Mellitus (GDM) Family Toolkit



Your doctor discovered that your blood sugar levels are high. This means you have gestational diabetes mellitus.

## What is gestational diabetes mellitus (GDM)?

Gestational diabetes mellitus is pronounced jess-TAY-shun-ul die-uh-BEET-eez MELL-eh-tiss.

GDM is a type of diabetes that develops only during pregnancy. Diabetes means your blood sugar, also called blood glucose, is too high.

### GDM can be controlled.

Work with your home visitor and use this booklet to help keep your blood sugar at a healthy level for you and your baby.

### To help control your blood sugar:

- Eat a healthy diet
- Maintain a healthy weight
- Talk to your doctor about what you can do to get at least 30 minutes of activity, 5 days a week.

## How can GDM affect me?

GDM that is not controlled and having high blood sugar can cause you to:

- Have a baby that weighs more than 9 pounds.
- Have problems during the birth that make you need to have a C-section (cesarean section).
- Have preeclampsia (pree-e-klamp-see-uh), which can cause you to have high blood pressure during pregnancy.

You are at risk for having **type 2 diabetes** after pregnancy if you have GDM.

- Type 2 diabetes is the most common form of diabetes.
- In type 2 diabetes, the body is unable to use insulin properly. Insulin is a hormone that helps the body use sugar for energy.
- It is important for you to get tested for type 2 diabetes before your baby is 12 weeks old.

**If you have type 2 diabetes, getting diagnosed and treated means your next pregnancies have a *lower chance* of birth defects and miscarriage.**

Did you know?  
If you have GDM, you have a **50% chance of getting type 2 diabetes in the next 5 to 10 years**, yet there are ways to reduce this risk.

## How can GDM affect my baby?

GDM that is not controlled can cause your baby to:

- Grow very large (weigh more than 9 pounds), which in turn can lead to problems with the delivery of your baby.
- Have low blood sugar following birth, which can make it hard for babies to eat and breathe.
- Have birth trauma, which means damage to babies' organs and tissues.
- Have jaundice, a yellow discoloration in a baby's skin and eyes.
- Need to stay in the hospital NICU, which is an area of the hospitals for newborn babies who are too sick to go home.
- Become overweight or obese during childhood, which can lead to type 2 diabetes



It is important during your pregnancy, for the health of you and your baby, to keep your blood sugar under control.

**1. See your healthcare provider regularly.**

- **Ask your healthcare provider:** Do I need to see you more often because I have GDM?

**2. Stay active and eat healthy foods to keep your blood sugar under control.**

- Talk to your doctor about what you can do to get at least 30 minutes of activity, 5 days a week.
- Work with a healthcare provider to plan your meals. Learn what to eat to have a healthy pregnancy.

**3. Take your medications (if prescribed—medication is not always prescribed for GDM).**

- If you need medicine in addition to diet and exercise to control your blood sugar, discuss with your healthcare provider what medication is best for you.
- Take your medicines as directed.

**4. Keep your home visitor up to date.**

- Update your home visitor on experiences with meal planning, exercising, medications, or any help you might need.



### **5. Check your blood sugar often.**

- Blood sugar can change very quickly and become too high or too low. What you eat, how much you exercise, and your growing baby will change your blood sugar many times during the day.
- Check your blood sugar as often as your healthcare provider tells you to or any time that you have symptoms.

### **6. Control and treat low blood sugar quickly.**

- Treat low blood sugar quickly. Always carry with you a quick source of sugar, like hard candies or chewable sugar pills.

### **7. Get tested for diabetes after your baby is born.**

**You should get tested before your baby is 12 weeks old and then every 1 to 3 years.**

### **8. Quit using tobacco products!**

- Smoking and vaping is harmful to you and your baby!
- If you quit smoking during your pregnancy, don't start again.
- If you want to quit smoking, vaping or using other tobacco products, talk to your healthcare provider or your home visitor about ways to stop. *For more information, visit [www.ohiosmokefreefamilies.org](http://www.ohiosmokefreefamilies.org).*
- Ohio Tobacco Quit Line: A free program for Ohio Residents. Call: 800-QUIT-NOW (800-784-8669) <http://ohio.QuitLogix.org>
- Sign up for a free text messaging program that gives tips for becoming smoke free. <https://smokefree.gov/smokefree-text-messaging-programs>

**Ask your health care provider:**

How often and when should I check my blood sugar?

## Getting Active: Start feeling the benefits today!



*Boost  
your mood*



*Sharpen  
your focus*



*Reduce  
your stress*



*Improve  
your sleep*

Physical Activity can help you reach your blood sugar goals and maintain healthy weight gain during pregnancy. Exercising will also help lower your chances of having type 2 diabetes—and its problems—in the future. Now is the time to have good habits for you and your baby. Find the activity that is right for you!

Even every day activities that don't feel like exercise can help you live a healthier life for both you and your baby.



Icons made by Freepik from [www.flaticon.com](http://www.flaticon.com)

## Staying Active: **How much activity do I need?**

<b>Moderate-intensity aerobic activity</b>		<b>Muscle-strengthening activity</b>
Anything that gets your heart beating faster counts.		Do activities that make your muscles work harder than usual.
		
    		 

Move Your Way: What's your move? [https://health.gov/paguidelines/moveyourway/materials/PAG\\_MYW\\_Adult\\_FS.pdf](https://health.gov/paguidelines/moveyourway/materials/PAG_MYW_Adult_FS.pdf)

- Talk to your doctor about exercises you can do to get at least 30 minutes of activity, 5 days a week.
- Do aerobic activities, which use your large muscles to make your heart beat faster. This may include fast walking, swimming, dancing, gardening, yoga, or low-impact aerobics.
- If you are new to exercise, start slowly and increase a little bit at a time.
- Always drink plenty of water.
- Don't forget to stretch.

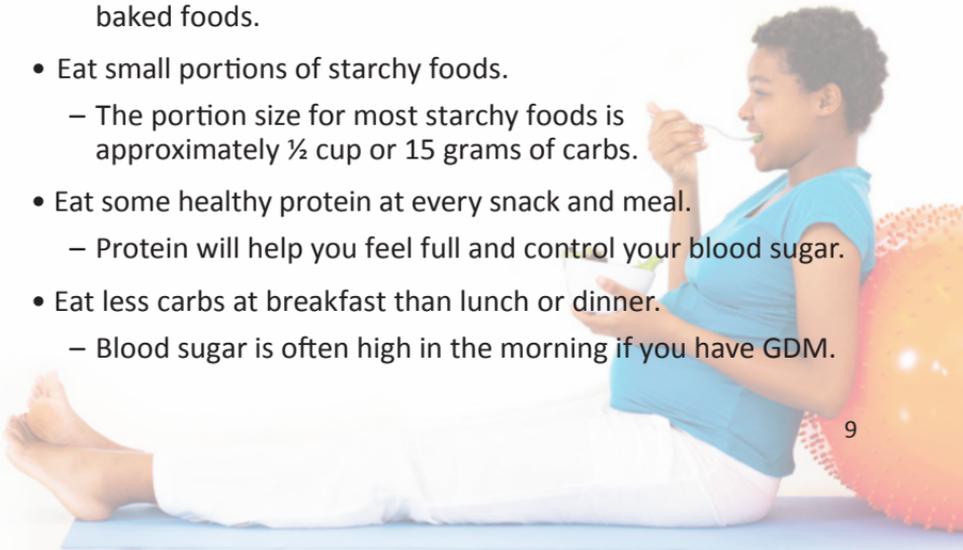


**Ask your health care provider:**

What activities and stretches are right for me?

# Make healthy food choices

- Eat smaller, more frequent meals.
  - Eating 3 smaller meals and 2 to 3 healthy snacks each day can help control your blood sugar.
- Do not skip meals.
- Choose foods low in simple sugar.
  - Avoid foods/drinks sweetened with sugar or honey.
  - Limit fruit juice. Eat more fresh fruits.
  - Good sugar substitutes are Splenda® or Equal®. Avoid substitutes with “saccharin” on the label.
- Choose foods high in fiber. High fiber foods can help control your blood sugar.
  - Choose whole grain breads and cereals, dried beans, and fresh fruits and vegetables.
  - Limit white flour products and processed foods.
  - Limit breaded and deep-fried foods, choose grilled or baked foods.
- Eat small portions of starchy foods.
  - The portion size for most starchy foods is approximately ½ cup or 15 grams of carbs.
- Eat some healthy protein at every snack and meal.
  - Protein will help you feel full and control your blood sugar.
- Eat less carbs at breakfast than lunch or dinner.
  - Blood sugar is often high in the morning if you have GDM.



## Monitoring your blood sugar

The American College of Obstetricians and Gynecologists (ACOG) says you should try to keep your blood sugar below these levels:

	ACOG Recommendations	The levels my provider recommends
<b>Before meals</b>	95 mg/dL or lower	
<b>1 hour after eating</b>	140 mg/dL or lower	
<b>2 hours after eating</b>	120 mg/dL or lower	

*Blood sugar is measured in milligrams per deciliter (mg/dL)*

Your healthcare provider might recommend different blood sugar levels. **Ask your healthcare provider to write the levels you should have in the chart above.**

*High blood sugar can:*

- Make you thirsty
- Cause headaches
- Make you go to the bathroom often to urinate or pee
- Make it hard to pay attention
- Blur your vision
- Make you feel weak or tired
- Cause yeast infections

Tell your healthcare provider if you have any of these signs or symptoms. **Ask your healthcare provider to write a level in the blank below.** Call your healthcare provider if your blood sugar is greater than \_\_\_\_\_ .

Ask your home visitor to set a goal plan for you to track your blood sugar each week.

## *Low blood sugar*

Your blood sugar is low when the number is 70 mg/dL or less. Low blood sugar is called hypoglycemia (hi-poh-gli-see-me-ah).

### *Low blood sugar can:*

- Make you feel hungry
- Cause headaches
- Make you feel dizzy or shaky
- Cause you to feel confused
- Make you look pale
- Make you sweat
- Cause weakness
- Make you feel anxious or cranky
- Make your heart feel like it's beating too fast

## **If you notice any of these signs or symptoms:**

1. Check your blood sugar.
2. If it is low, treat it quickly by eating or drinking a quick source of sugar:
  - Hard candy, jelly beans, or 2 Tablespoons of raisins
  - 4 ounces of a fruit juice or regular soda
3. Check your blood sugar again in 15 minutes.
4. If it's not better, eat or drink a quick source of sugar again.
5. When you feel better, eat a protein snack like cheese and crackers or half a peanut butter sandwich.

### **Ask your health care provider:**

Should I call if I have two or more low blood sugars during 1 week or less?



## More and more moms are breastfeeding.

- 73 percent of Ohio babies born in 2017 were breastfed at discharge from the hospital.
- 57.6 percent of all Ohio babies born in 2015 were breastfed at 6 months - up from 55.3 percent in 2014<sup>1</sup>.

## Give your baby a healthy start:

Your baby is less likely to get sick or have to stay in the hospital due to illness. Because your breast milk is specially created for your baby, it can help prevent:

- Ear infections
- Diarrhea
- Trouble breathing
- Some allergies
- Childhood obesity
- Childhood leukemia (blood cancer)

Did you know?  
Breastfed babies  
are 36% LESS likely  
to have Sudden  
Infant Death  
Syndrome (SIDS).

<sup>1</sup> Percentage of U.S. Children Who Were Breastfed, by Birth Year, National Immunization Survey [https://www.cdc.gov/breastfeeding/data/nis\\_data/results.html](https://www.cdc.gov/breastfeeding/data/nis_data/results.html)

## Did you know breastfeeding can help lower your risk of type 2 diabetes?

Breastfeeding is also good for **your** health. It can help lower your risk of getting diabetes in the future. Studies show that the longer you breastfeed, the lower your risk of getting diabetes, breast cancer, and cancer of the ovaries. Breastfeeding can also help you get back to your weight before having a baby by burning up to 800 calories a day.

To help prepare for breastfeeding:

- Talk to your healthcare provider about your plans to breastfeed and ask for a lactation consultant who helps moms that breastfeed.
- Take a breastfeeding class.
- Talk with friends who have breastfed and consider joining a breastfeeding support group.
- If you have trouble breastfeeding, your healthcare provider can give you helpful advice and support options. Make sure to call right away.
- Continue to take your prenatal vitamins.
- Eat a healthy diet.

Ask your home visitor for more breastfeeding resources, and ask your insurance company if you can get a FREE breast pump after your baby is born to help you breastfeed your baby longer.

To get more information, visit  
<http://womenshealth.gov/breastfeeding>





## About Baby Blues:

- Up to 80% of moms experience the baby blues

The baby blues may last only a few days but can last longer. If you feel like you have the baby blues for more than two weeks, you may have postpartum depression, a kind of depression that happens after you have a baby. Some symptoms of postpartum depression include:

- Mood swings and crying a lot
- Anxiety
- Feeling sad or hopeless
- Feeling guilty
- Trouble sleeping, either too little or too much
- Tired or no energy
- Change in how much food you eat
- Little interest in things you like to do
- Hard time bonding with your baby

If you think you might have postpartum depression, ask your home visitor or healthcare provider for help.

Up to 15% of moms have postpartum depression. **It is the number 1 problem new moms experience after they have their baby.** Know that postpartum depression can happen up to one year after delivery. Postpartum depression can happen during any pregnancy, even if it did not happen during your first pregnancy.

If you have postpartum depression, you can get help by:

- Getting counseling from a licensed healthcare provider
- Joining a support group with other moms
- Taking medication prescribed by your doctor

Moms who had gestational diabetes when pregnant may be more likely to get postpartum depression or have symptoms of depression.

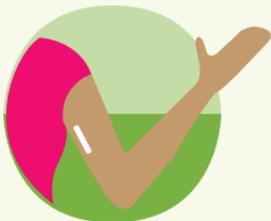
**Postpartum depression is a medical condition.** Your home visitor and healthcare provider will test for postpartum depression, but do not be afraid to ask for help. United Way can give you free and private information and a referral for help. Call 211 for help with food, housing, employment, health care, counseling, and more. Or, visit [www.211.org](http://www.211.org).

If you think that you might hurt yourself or your baby, get help right away. You can call 911 or go to a hospital emergency room. If you need help right now, text “START” to 741-741 or call 1-800-273-TALK (8255).

## Long-Acting Reversible Contraceptives (LARC)

- Protect against pregnancy for several years
- No need for you to do anything for them to work
- More effective with fewer side effects
- You can get pregnant soon after they are removed

### IMPLANT



#### How To Use It

- Placed by health care provider
- Lasts up to 3 years

A tiny rod put under the skin of your arm. You can't even see it after it's in place.

### IUD



#### How To Use It

- Placed by health care provider
- Copper IUD lasts up to 10 years
- Progestin IUD lasts 3-5 years

A little t-shaped piece of plastic put in your uterus to prevent sperm from fertilizing an egg.



Chances of getting pregnant  
**Less than 1 out of 100 women**

Condoms should always be used with LARCs to protect against sexually transmitted infections.

Source: Trussell J., *Contraception*, May 2011; [www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm](http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm)

Cicatelli Associates Inc. (April, 2017). CAI-Choice Contraception Action Plan: Contraceptive Counseling Model a 5-Step Client-Centered Approach and Your Body Your Birth Control. [Handout]. <https://www.bedsider.org/methods>

## Think about your long-term family goals

Planning your next pregnancy is important for your health and the health of your next baby.

- I want to have \_\_\_\_\_ child or children.
- I want to get pregnant again when I am \_\_\_\_\_ years old.
- I want to have children \_\_\_\_\_ years apart.

**Wait 18 months or more** before getting pregnant to let your body heal. You can also try to lose weight and makes changes to lower your blood sugar.

Talk to your healthcare provider early about the type of birth control you want to use after you have your baby. You may need to fill out some forms before delivery. You can get some birth control before you even leave the hospital.

## Plan for your next pregnancies

It is important to use birth control correctly until you are ready to have another baby. If you are breastfeeding, ask your healthcare provider which birth control is best for you and your baby.

Some of your options are:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• IUD</li><li>• Implant</li><li>• Birth control shot (Depo-Provera)</li><li>• Birth control pills, patch, or ring</li></ul> | <p>Barrier Methods:</p> <ul style="list-style-type: none"><li>• Condoms</li><li>• Spermicidal gel, cream, foam, suppository, or sponge</li><li>• Diaphragm or cervical cap</li></ul> |
|---|--|

Remove, replace, update, refill, or get more by this date

\_\_\_\_\_.

## Get Tested for Diabetes

It's important to be tested for type 2 diabetes before your baby is 12 weeks old. Women who have GDM are 7 times more likely to get type 2 diabetes later in life.

### What will the test tell me?

The test can tell if you have normal blood sugar, are close to having diabetes (prediabetes), or have diabetes. You should be tested for diabetes at least every 3 years.

If you are:	When should you be re-tested?
At risk for diabetes	Every 3 years
Prediabetic	Every year
Diabetic	Every 6 months



### Ask your health care provider:

How and where do I schedule my test for type 2 diabetes?

### ***What is prediabetes?***

Prediabetes means your blood sugar is higher than normal, but not high enough to have diabetes. You will need to see a doctor to make a plan for reducing your risk for developing type 2 diabetes. You will also need to have your blood sugar tested every year.

### ***What is type 2 diabetes?***

Diabetes is a problem with your body that causes blood sugar to rise higher than normal. Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly. Insulin is a hormone your body creates to use sugar for energy. If you have type 2 diabetes, you will need to see a doctor to help you control your diabetes.



Eating a healthy diet helps **YOU** control prediabetes or type 2 diabetes.

## Why is the blood sugar test important?

It is important to test your blood sugar because diabetes that is not controlled can lead to infections, heart disease, kidney failure, blindness, stroke, and early death. Type 2 diabetes can lead to having a large baby, birth defects, or miscarriage in your next pregnancy.

### ***How do I prepare for the test?***

Do not eat or drink anything except water for 8 hours before the test. Doctors call this fasting. This test will take 2 hours. Ask your home visitor for resources, or to help you make a plan for your test.

Make sure your healthcare provider, home visitor, **and** your baby's doctor know about your GDM or diabetes. They will work together to make sure both you and your baby stay healthy.



# My Plate Planner

Please refer to meal planning guidelines on page 23



## My Plate Planner Methods of Use

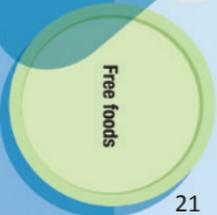
- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad
  - Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces
  - Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes
  - Add 1 serving of fruit
  - Choose 1 serving of milk
  - Add margarine or oil for preparation or addition at the table
- Add other portions as needed to round out your meal plan
- For breakfast,** use only half the plate
- For lunch and dinner,** use the whole plate



9-inch plate



8-ounce  
glass of milk



Free foods



## Carbohydrate foods (carbs)

All of these foods have carbs. Each amount listed equals about 15 grams, or one portion, of carbs.

### Starches

- ¼ large bagel
- 1 biscuit (2 ½ inches)\*
- 1 slice bread
- ½ hamburger/hot dog bun
- 1 corn tortilla
- ½ flour tortilla
- 1 cube (2 inch) cornbread\*
- ¼ large muffin or 1 small\*
- 1 pancake (4 inches)\*
- 1 waffle (4 inches)\*
- ½ sopapilla\*
- ½ pita bread (6 inches)
- ½ c. cold cereal
- ½ c. oatmeal
- ½ c. grits
- ¼ c. granola\*
- ⅓ c. couscous
- ⅓ c. pasta
- ⅓ c. rice
- ¾ c. posole
- ⅓ c. bread stuffing\*
- 6 crackers
- 9–13 potato chips (¾ oz.)\*
- ⅓ c. baked beans
- ½ c. beans (pinto, navy, etc.)
- ⅓ c. hummus
- ½ c. lentils or split peas
- ½ c. peas
- ½ c. corn
- ½ corn on the cob
- 3 c. popcorn
- ½ c. potato or ¼ large
- ⅓ c. small french fries\*
- ½ c. sweet potato
- 1 c. winter squash
- ½ tamale\*

\*These foods contain additional fat.



## **Fruits**

- 1 small apple
- ½ c. unsweetened applesauce
- 4 small apricots
- 8 small dried apricot halves
- ½ medium banana
- ¾ c. blueberries
- ½ c. canned “lite” fruit
- ½ medium cantaloupe
- 12 cherries
- 3 dates
- ½ grapefruit
- 17 small grapes
- 1 kiwi
- ¼ large mango
- 1 c. cubed melon
- 1 small nectarine
- 1 small orange
- ½ small papaya
- 1 small pear
- 1 medium peach
- ¾ c. fresh pineapple
- 2 small plums
- 3 prunes
- 2 Tbsp. dried fruit (raisins, berries, cherries)
- 1 ¼ c. strawberries
- 2 small tangerines



## **Dairy and non-dairy milks**

- 1 c. milk (skim, 1%, 2%, or whole)
- 1 c. rice milk (unflavored and unsweetened)
- 2 c. soy milk (unflavored and unsweetened)
- 2 c. almond milk (unflavored and unsweetened)
- ½ c. evaporated milk
- ⅓ c. fruit yogurt
- 1 c. plain yogurt
- 1 c. no-sugar-added yogurt



*Use nutrition facts labels on foods and/or a carb counting book to figure the amount of carbs for foods not listed above.*

## Other foods

These foods have very little carbs.

### **Vegetables** *(Eat all you want of these foods, unless breaded.)*

- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Snow peas
- Spinach
- Tomatoes

### **Protein** *(Choose low-fat protein most of the time.)*

#### **Low-fat:**

- Round, sirloin, or tenderloin beef (fat trimmed)
- Chicken, without skin
- Cottage cheese
- Egg whites

- Lean ham

- Seafood

- Tofu

- Turkey

#### **Medium-fat:**

- Ground beef
- Eggs

- Mozzarella cheese

#### **High-fat:**

- Cheese
- Sausage
- Bologna
- Salami

### **Fats** *(Choose more unsaturated fats and less saturated fats.)*

#### **Unsaturated Fats:**

- Avocado
- Nuts
- Canola, olive, peanut, corn, sunflower oils

- Mayonnaise

#### **Saturated Fats:**

- Margarine
- Cream, half & half

- Bacon

- Butter

- Coconut

- Lard

- Shortening

## Meal Planning Guidelines

### Carbohydrates

Choose any 3 servings at each meal.\*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:

#### Breads and starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

#### Fruits

- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

#### Milk

- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

\*Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

### Meats and Proteins

Choose 1-3 servings per meal.\*

Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

#### Fats

Choose 1-2 servings per meal.\*

Examples of one serving:

- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

#### Free Foods

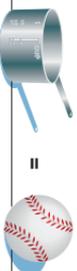
Foods with less than 20 calories per serving

Use as desired.\*

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

## Visual Tips for Portion Sizes

1 cup =



1/2 cup =



1/3 cup =



2 Tablespoons =



1 Tablespoon =



1 teaspoon =



1 ounce (oz) =



3 ounces (oz) =



## USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Check the serving size and number of servings.

- The Nutrition Facts information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually eating.

Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may still have a lot of calories.
- If the label says that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or 200 calories.

Look for foods that are rich in these nutrients.

- Use the label to choose foods with more vitamins listed here (vitamins A and C, potassium, calcium and iron, etc). These help your health and may protect you from disease. 20% or more is considered high, 5% or less is considered low.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

**Calories 250**    **Calories from Fat 110**

**Total Fat 12g**    **% Daily Value\***

**Saturated Fat 3g**    **15%**

**Trans Fat 3g**

**Cholesterol 30mg**    **10%**

**Sodium 470mg**    **20%**

**Potassium 700mg**    **20%**

**Total Carbohydrate 31g**    **10%**

**Dietary Fiber 0g**    **0%**

**Sugars 5g**

**Protein 5g**

**Vitamin A**    **4%**

**Vitamin C**    **2%**

**Calcium**    **20%**

**Iron**    **4%**

\* Percent Daily Values are based on a diet of 2,000 calories per day. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	39g

Source:  
US Department of Health and Human Services  
US Department of Agriculture

Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to pick foods that are lowest in saturated fats, trans fat and cholesterol.
- Try not to eat foods with trans fat.
- High sodium on a label may be a sign of food that is not good for you. Try not to eat more than 2,300 mg of sodium in one day. Limiting sodium helps to reduce your risk of high blood pressure.

Reach for healthy carbohydrates.

- Choose whole grain foods. Look for the "whole" grain listed first in the ingredients list, such as whole wheat, brown rice, or whole oats.
- Limit foods that have sucrose, glucose, fructose, corn or maple syrup - these are listed in the ingredients list.
- Look for at least 3g of fiber per serving in any foods that should have fiber, like grains, bread, crackers, and pasta.

For protein, choose foods that are lower in fat.

- When choosing a protein, make sure it is low fat or fat free.

# What is the glycemic index?

The glycemic index helps you know what kinds of foods raise your blood sugar fast or slow. Low glycemic index foods will slowly change your blood sugar over 2 hours. High glycemic index foods will change your blood sugar fast - within 30 minutes.

## Low Glycemic Foods



changes blood sugar in **2 hours**

## Moderate Glycemic Foods



changes blood sugar in **1 hour**

## High Glycemic Foods



changes blood sugar in **30 minutes**

## Low Glycemic Foods changes your blood sugar over 2 hours.

- Apples
- Apples, dried
- Avocados
- Beans
- Cheese
- Cherries
- Chocolate covered almonds
- Cottage cheese
- Eggs
- Empanadas
- Grapefruit
- Hazelnut spread
- Hummus
- Jerky
- Meats
- Milk
- Nectarines
- Nutrition bars & shakes
- Nuts & seeds (all)
- Olives
- Oranges
- Peaches
- Peanut butter
- Pears
- Poultry
- Salad
- Seafood snacks
- Soy milk
- Tomatoes
- Tomato juice
- Vegetables, most
- Yogurt

## **Moderate Glycemic Foods** changes your blood sugar over **1 hour.**

- Bananas
- Berries (all)
- Biscuits
- Breads, whole grain
- Canned fruits
- Cantaloupe
- Carrots
- Cereal bars
- Cereals, whole grain
- Chocolate
- Cookies
- Corn
- Couscous
- Crackers (high fiber)
- Croissants
- Granola, Granola bars
- Grapes
- Honey
- Ice cream
- Juices
- Kiwis
- Mangos
- Muffins
- Oatmeal
- Pasta
- Pastries
- Pineapple
- Plantains
- Popcorn
- Potato chips
- Raisins
- Sugar
- Sweet potatoes
- Tortillas

## **High Glycemic Foods** changes your blood sugar over **30 minutes.**

- Arepas
- Bagels
- Breads, enriched
- Cakes/Cupcakes
- Candy
- Cereals, sweetened
- Corn chips
- Crackers, no fiber
- Doughnuts
- Graham crackers
- Potatoes
- Pretzels
- Pumpkin
- Rice cakes/crackers
- Sodas, regular
- Sports drinks
- Sugar-sweetened beverages
- Vanilla wafers
- Watermelon



**Your baby  
has you.  
You have  
text4baby.**

**Text BABY to 511411**



**text4baby™**  
FOUNDING SPONSOR  
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A free service of the  
National Healthy Mothers,  
Healthy Babies Coalition  
[www.text4baby.org](http://www.text4baby.org)

**What is text4baby?** Text4baby makes it easy to get important information - and it's free! If you're pregnant or have a baby under age one, you can sign up for FREE text messages about health and safety from text4baby. You'll receive three text messages each week, timed to your due date or baby's birth date, throughout pregnancy and up until baby's first birthday. You'll get information on labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety, and more.

**Text4baby messages are totally free!**

*Text4baby protects your privacy. Information collected from you when you sign up is only used to send timed text messages. Text4baby doesn't sell your information, so you won't get any spam messages or mailings because of text4baby. Learn more at [www.text4baby.org](http://www.text4baby.org). Follow us on Facebook & Twitter (@mytext4baby). Text BABY (or BEBE for Spanish) to 511411 now! Text "STOP" to discontinue messages or "HELP" for help.*

# Counting the Kicks Could Save Your Baby's Life...



## It's Important and Easy To Do!

Starting at the 3rd Trimester, here's how<sup>1</sup>:

- Pick a time when your baby is active
- Count kicks at the same time each day.
- Use the **FREE Count the Kicks!** app or download a Kick Count Chart at <https://www.counthekicks.org/>.
- If it takes more than two hours to count 10 kicks, try waking the baby up and count again.
- Call your provider right away if you still count less than 10 kicks in 2 hours, **OR if you notice a significant change in your baby's regular movement pattern.**



<sup>1</sup> [www.counthekicks.org](http://www.counthekicks.org); Count the Kicks is a project of Healthy Birth Day, Inc., a 501(c)(3) organization dedicated to the prevention of stillbirth and infant death.

## Taking care of your mouth while you are pregnant is important for you and your baby.

Changes to your body when you're pregnant can make your gums puffy and sore and can also make them bleed.<sup>1</sup> While you are pregnant, high blood sugar can increase your risk of developing oral infections, gum disease, tooth decay and dry mouth.<sup>2</sup> Waiting to see your dentist for problems could put both you and your baby at risk. Did you know a bad tooth infection in your mouth could spread to your whole body?

### What can you do to keep your teeth and gums healthy during your pregnancy?

- Try to brush your teeth twice a day and floss every night
- Avoid or reduce eating sugary foods
  - Foods with a lot of sugar can cause plaque on your teeth and lead to gum disease
- Rinse your mouth with water or alcohol-free mouth wash after morning sickness to stop acid from hurting your teeth
- Make your regular visits to the dentist
  - At least one visit every six months
- Avoid smoking and drinking alcohol

1. <https://www.mchoralhealth.org/PDFs/OralHealthPregnancyHandout.pdf>

2. <http://deltadentalazblog.com/gestational-diabetes-does-your-oral-health-suffer/>





Ohio Gestational Diabetes Mellitus  
(GDM) Learning Collaborative

Check your risk. Protect your health.

**Remember** to schedule and  
take your 2-hour blood sugar test  
**4 to 12 weeks after delivery!**



*Call your provider if you have any questions.*

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