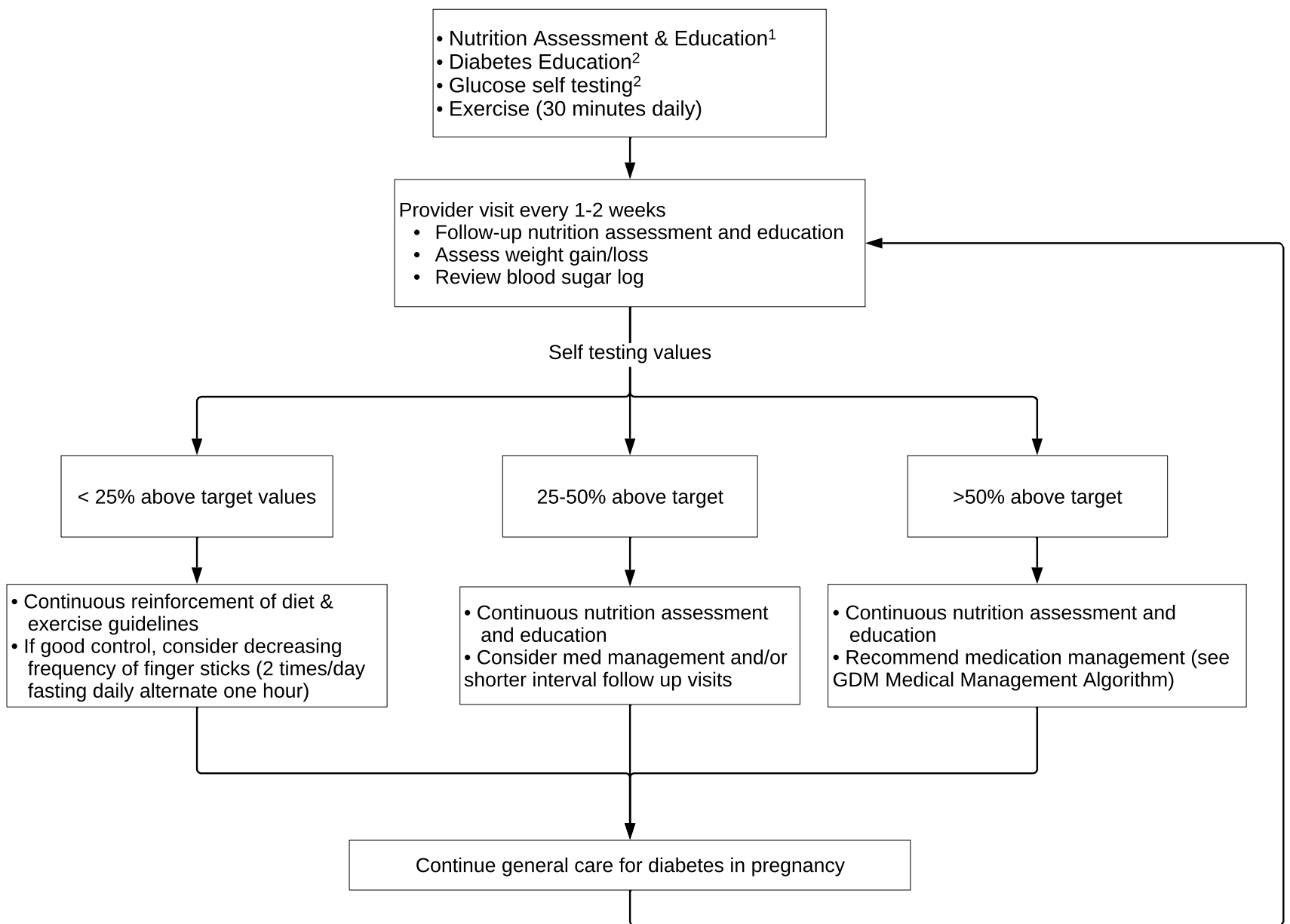


Gestational Diabetes- Initial Management

(Diagnosis ≥ 20 weeks)



Diabetes Education & Self Testing Teaching²

1. What is diabetes
2. Associated maternal and fetal risks
3. Blood sugar monitoring: 4 times/day - fasting and 1-hour after first bite of each meal
4. Blood sugar goals: <95 fasting, <140 1 hr. post prandial (<120 if 2 hr post prandial)
5. Establish a method of recording and reporting

Nutrition Assessment & Education¹

1. Six meal/day structure (3 meals/3 snacks)
 - Snacks: 1-2 carbs with protein
 - Meals: 2-3 carbs with >1 protein
 - 1 Carbohydrate serving = 15 gm
 - 1 Protein serving = 7 gm
2. Portion size education (Plate Method)
3. BMI specific calorie goals
 - Underweight (BMI <18.5): 35-40 kcal/kg/day
 - Normal weight (BMI 18.5-24.9): 30 kcal/kg/day
 - Overweight (BMI 25-29.9)
 - Obese (BMI 30-34.9)
 - Morbidly Obese (BMI >35)

} 25 Kcal/kg/day of ideal body weight
4. Carbohydrate intake (low glycemic foods and whole grains preferred) limited to 30-40% of calories, remaining calories divided between protein (20%) and fat (40%)
5. Weight gain guidelines:

Pregnancy BMI	BMI (kg/m ²)	Total Weight Gain Range
Underweight	<18.5	28-40
Normal weight	18.5-24.9	25-35
Overweight	25.0-29.9	15-25
Obese (includes all classes)	≥30.0	11-20