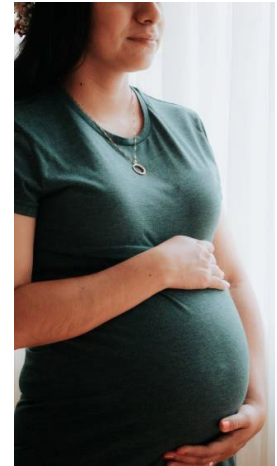


BASIC DIET | DIABETES DURING PREGNANCY

If you have been diagnosed with gestational diabetes, you will receive a call for a meeting with the nutritionist within a week. Until you meet with the nutritionist, you can use this information sheet to help you start changing your eating habits, if necessary.

IMPORTANT

During your meeting with the nutritionist, she will adapt her advice to your individual nutritional needs and answer your questions.



WHY DIET IS SO IMPORTANT

- To maintain normal blood sugar levels for you and your baby.
- To allow you to receive all the nutrients for your health and that of your baby.
- To make sure you eat enough.
- To maintain an appropriate weight throughout your pregnancy.
- To prevent some of the consequences for you and your baby.

KEEPING YOUR BLOOD SUGAR STABLE DURING THE DAY

- Eat three meals a day at regular times.
- If you feel hungry, snacks can be added.
- Include vegetables with lunch and dinner.
- Reduce or avoid less nutritious sugary foods and drinks.

WHY BEING CAREFUL ABOUT SUGAR IS IMPORTANT

It affects the blood sugar in your blood.

CAN YOU STILL EAT SUGAR?

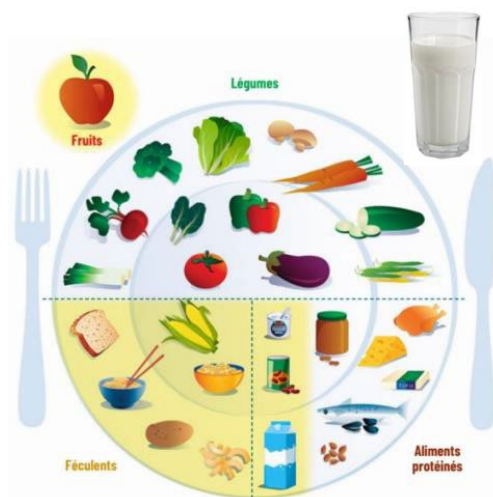
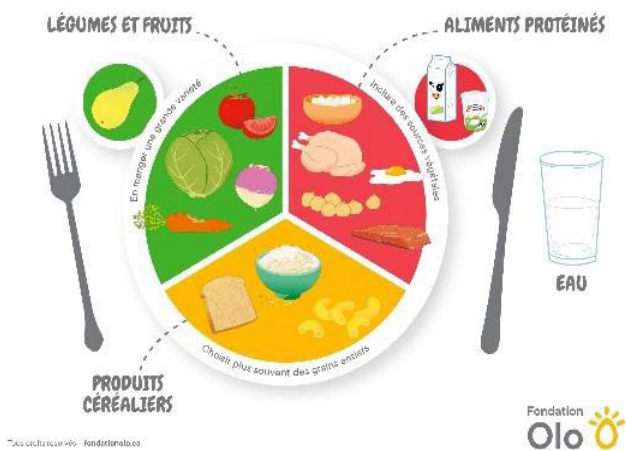
Yes, it's even important to keep doing so for your health and your baby's growth. Sugar is the main fuel for your body, your brain, and for your baby. You just need to spread it out over the day and choose the best sources. You can discuss this in more detail with the nutritionist during your appointment.

RISKS FROM NOT EATING ENOUGH SUGAR

- Impact on your baby's growth.
- Deficiency of essential vitamins and minerals during pregnancy.
- Hunger during the night.
- Being hungry.
- Fatigue, headache.
- Digestive discomfort, nausea.

TWO MODELS FOR BALANCING YOUR MEALS BETTER

Alimentation of the pregnant woman



QUESTIONS FOR THE NUTRITIONIST DURING THE GROUP CLASS

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Source of images of balanced meals
 fondation-olo-quoi-manger-et-ne-pas-manger-enceinte.pdf (fondationolo.ca)
 Santé et services sociaux du Québec/Diabète Québec