

妊娠期糖尿病患者的健康饮食资讯



Mercy Health
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什么是妊娠期糖尿病？

妊娠期糖尿病发生于孕期，这是由于您的激素水平出现变化。这些改变会导致血液中的葡萄糖（一种糖类）水平过高。孕期血液中高于正常水平的葡萄糖会对胎儿产生不良影响，例如胎儿过大、早产、生产时胎儿窘迫或出生后低血糖。

为何您的饮食对妊娠期糖尿病很重要？

孕期食用正确食物可以帮助您：

- 为您和您发育中的胎儿提供足够营养
- 控制您的血糖水平
- 控制理想增重

您和胎儿需要的充足营养

重要的是食用多种类健康食物，以满足您和胎儿的营养需求。我们给罹患妊娠期糖尿病女性的饮食建议与给所有孕妇的建议相似，只是多一些准则。

孕期饮食常规份量推荐

食物种类	每日摄取份数	单份示例
水果	2	1 个中等大小的苹果或橙子 1 杯切块/罐头水果 2 个小杏子或李子 或只能偶尔食用： 1 ½ 汤匙葡萄干 ½ 杯果汁
蔬菜	5	½ 杯煮熟 或 1 杯 生/沙拉蔬菜 ½ 杯玉米粒 ½ 个中等大小土豆/红薯
全谷物面包及早餐谷物	8 ½	1 片面包 ½ 杯粥 ½ 个中等大小餐包 ⅔ 杯片状早餐谷物 ¼ 杯什锦麦片 ½ 杯熟米饭、意大利面、面条、藜麦、古斯米、布格麦
牛奶、酸奶、芝士及其它奶制品	2 ½	1 杯牛奶或其它奶类(例如豆奶) 每 100 毫升含至少 100 毫克钙质 2 片芝士 200 克酸奶
瘦肉或其它蛋白质	3 ½	65 克煮熟的肉 170 克豆腐 80 克煮熟的鸡肉 30 克坚果或种子 100 克煮熟的鱼 1 杯煮熟的豆类例如扁豆及鹰嘴豆 2 个大鸡蛋

限制 (少量食用)

高汞量鱼类。大部分鱼类每周食用 2-3 次都是安全的。但有些鱼类可能含有大量水银，对胎儿的发育有害，所以应如下限制食用：

- 高汞量鱼类(鲨鱼、剑鱼、剑旗鱼、马林鱼)， 每两周限食一份 (150g)，并且这两周内不可食用其它鱼类。
- 中汞量鱼类 (大西洋胸棘鲷、鲈鱼)，每周限食一份 (150g)，并且同一周不可再食用其它鱼类。
- 咖啡因。尝试将咖啡因摄取量控制在每天 200 毫克以内 (咖啡馆咖啡每 250 毫升含有 90-120 毫克咖啡因，茶每 250 毫升含有 10-50 毫克咖啡因)。在进食到检测血糖之间的两小时内，避免饮用咖啡或茶。
- 不健康脂肪例如肥肉或油炸食品，添加糖及添加盐。

禁食 (勿食用)

- 酒精
- 李斯特菌及沙门氏菌高危食物例如白色软奶酪、冷盘肉/熟食店肉类、预制沙拉、豆芽、生蛋或流心蛋、生肉、鱼或半熟肉、鱼以及餐馆预制肉类（猪肉、鸭肉）。

控制您的血糖水平

当您通过饮食控糖时，需要考虑两个重点：

1. 碳水化合物的种类
2. 碳水化合物的摄取量

碳水化合物是什么

碳水化合物是：

- 糖类 – 例如软饮及甜食中的添加糖或在健康食物例如水果和牛奶中存在的天然糖分
- 淀粉 – 存在多种健康食物中例如面包、米饭、意大利面、部分蔬菜，例如土豆，在消化过程中会分解成葡萄糖。

含有碳水化合物的食物:

食物种类	含碳水食物	低碳水或无碳水食物
全谷物面包及早餐谷物	面包、意大利面、米饭、面条、早餐谷物、藜麦、大麦	
水果	所有水果包括果汁及干果(例如枣、葡萄干)	牛油果
蔬菜	土豆、红薯、山药、南瓜、玉米、青豆、豆类(豆荚及鹰嘴豆)及扁豆、荸荠	所有其它煮熟及生食蔬菜(被称为“低淀粉”蔬菜)
牛奶、酸奶、芝士及其它奶制品	奶类、燕麦奶、增甜杏仁奶及豆奶 酸奶	芝士 无增甜杏仁奶及豆奶
瘦肉及其它蛋白质	豆类及扁豆	肉类、鸡肉、鱼、鸡蛋、豆腐、坚果及种子

香料及调味品如新鲜辣椒、大蒜、五香、咖喱粉及酱油都不含碳水化合物，仍可用于食物调味。

上述高碳水化合物食物都会直接影响您的血糖水平。低碳水化合物食物不会大幅影响您的血糖水平。

糖类

营养价值不高的碳水化合物食品包括桌用糖(白糖及原糖)、软饮料、浓缩果汁、蜂蜜、糖果、蛋糕、甜饼干、巧克力及红豆。为了避免高血糖和您的基础健康，最好限制摄入此类食物。炒菜酱汁例如海鲜酱、蚝油及四川酱也应当限制摄入。少量糖分(任何种类)或蜂蜜，例如在热饮中加入一匙，应该不会大幅升高您的血糖水平。

高倍或人工甜味剂

高倍或人工甜味剂含有少量或者不含碳水化合物。在孕期，它们被认为是糖类的安全替代品。甜味剂包括阿斯巴甜(Equal)、三氯蔗糖(Splenda)和甜叶菊代糖剂(Stevia)在人工增甜的产品中也存在，例如减肥/无糖软饮料。

脂肪呢？

虽然脂肪不会像碳水化合物那样影响您的血糖水平，我们推荐摄取更健康的脂肪例如含有油脂的鱼类、橄榄油、坚果、种子及牛油果。

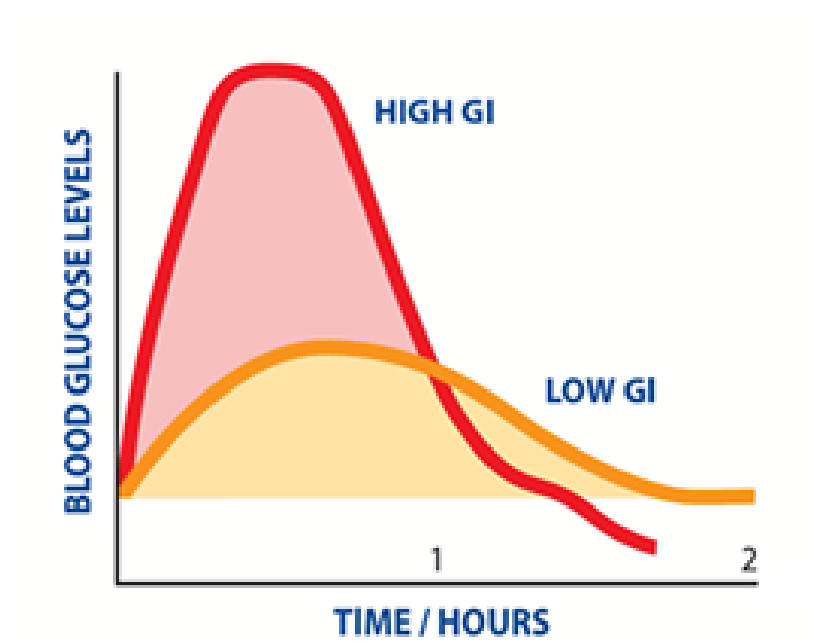
我应该吃哪种碳水化合物食物？

升糖指数是一种衡量碳水被消化并升高血糖速率的指标。

低升糖指数（Low GI）碳水食物会更缓慢得升高您的血糖水平。

高升糖指数（High GI）碳水食物会更快速得升高您的血糖水平。

下图显示了摄入高 GI 食物和低 GI 食物在两小时内对您的血糖水平的影响



低升糖指数碳水食物是您糖尿病管理的更优选择，并且可以帮助您避免使用胰岛素。

下一页的表格提供了低升糖（low GI）及高升糖(high GI) 食物选择示例。如果您经常选择高 GI 食物，您可以尝试将其换成低 GI 栏的食物。

参照[超市购物指南](#)（Supermarket Shopping Guide）(www.baker.edu.au/health-hub/fact-sheets/shopping-guide)，查找推荐产品的品牌名称。注意：这份指南并不针对孕期。请继续遵循孕期食物安全标准推荐 (详情参见第二页)。

碳水类食物升糖指数

食物种类	☑ 低升糖 (Lower GI)	☒ 高升糖 (Higher GI)
面包及早餐谷物	✓ 全谷粒面包 ✓ 酸面团面包 ✓ 水果面包 ✓ 低升糖 (Low GI) 白面包 ✓ 印度米或长粒米粥 ✓ 全谷粒早餐谷物 ✓ 未烘烤什锦麦片 ✓ 压片燕麦或传统燕麦(燕麦粥) ✓ Up & Go 液体早餐	✗ 白面包 ✗ 全麦面包 ✗ 白面粉 ✗ 短粒米粥 ✗ 玉米脆片 ✗ 米泡 (Rice Bubbles)、Coco-Pops ✗ Froot loops ✗ 即食燕麦(燕麦粥)
米饭 意大利面、面条 及谷物	✓ 白色/棕色长粒米, 例如印度米 (basmati)、马哈特马大米 (mahatma)、杜恩加拉米 (doongara) ✓ 野生稻米 ✓ SunRice 低 GI (白米及糙米) ✓ 小麦意大利面(白面及全麦面) ✓ 所有面条 ✓ 大麦 ✓ 藜麦 ✓ 小米	✗ 茉莉香米(糙米或白米) ✗ 短粒米(糙米或白米) ✗ 马铃薯丸
淀粉类蔬菜	✓ 红薯 (橙色) ✓ 马铃薯(尼可拉 Nicola) ✓ 马铃薯 (Carisma 或 baby Carisma) ✓ 山药 ✓ 奶油南瓜 ✓ 玉米 ✓ 豆类、扁豆、烘豆 ✓ 栗子	✗ 白色马铃薯 ✗ 紫色红薯 ✗ 南瓜 (除奶油南瓜外所有品种)
水果	✓ 梨子及水晶梨(Nashi) ✓ 火龙果、榴莲 ✓ 西柚、柚子 (大葡萄柚) ✓ 荔枝、龙眼 (橄榄大小, 类似荔枝) ✓ 苹果、杏子、香蕉、浆果 ✓ 樱桃、葡萄、枣类 ✓ 橙子、猕猴桃、桔子、芒果 ✓ 油桃、桃子、李子 ✓ 菠萝 ✓ 椰子水 ✓ 天然果汁中的罐头水果(非糖浆浸泡)	✗ 哈密瓜、西瓜 ✗ 罐头水果(糖浆浸泡) 注意: 尽管果汁及干果是低 GI 食物, 碳水含量却很高, 请少量食用。新鲜水果是更好的选择。
奶类及酸奶	✓ 牛奶及酸奶 ✓ 豆奶及豆奶酸奶 ✓ 养乐多 (Yakult)	✗ 甜炼乳 ✗ 燕麦奶及米奶
饼干,脆饼及额外食物	✓ 全谷粒饼干: 维他韦 9 谷类食品(Vita Weat 9 Grain™)、瑞维他多谷粒食品(Ryvita Multigrain™) ✓ Uncle Toby's Breakfast Bakes ✓ Carman's super berry muesli bar ✓ 低脂冰激凌及卡仕达 ✓ 美禄 (Milo) /阿华田 (Ovaltine) ✓ 中式饺子	✗ 脆米饼及年糕 ✗ 玉米膨化饼或薄脆饼干 ✗ 白面脆饼, 例如咸脆饼 (Savoy)、薄脆咸味饼干 (Sao)、梳打饼干 (Salada) ✗ 咸肉粽 ✗ 原味甜饼干 ✗ 红豆甜汤

我应该吃多少碳水化合物？

为了满足您的孕期需求，我们推荐每日总共摄取约 180 克到 225 克的碳水化合物。

您在孕期的碳水需求实际上会更高。胎儿的健康发育需要葡萄糖。

您不应该为了控制血糖水平而避免碳水。

如何计算碳水化合物份数。

- 15g 碳水化合物= 1 份碳水化合物
- 180 - 225g 碳水化合物= 12 -15 份碳水化合物

以下示例展示了您如何将碳水摄入平均分配到一整天。

- 每顿正餐吃三份碳水化合物（45 克）
- 每次加餐吃一到两份碳水化合物（15 到 30 克）



下页表格列出了碳水化合物份数的示例。

并非所有列出的食物都是低升糖（low GI）, 请在可能的情况下选择低升糖食物。

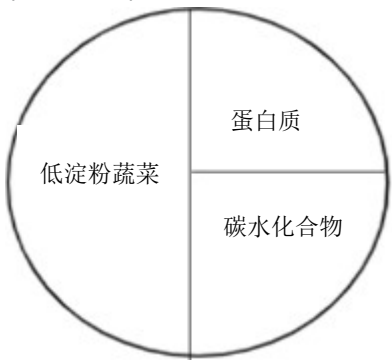
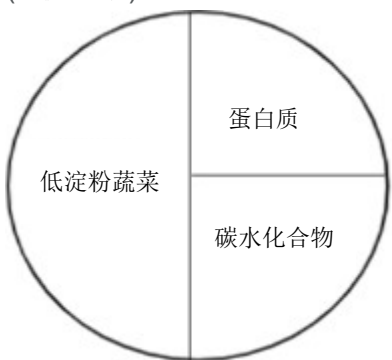
使用一个量杯（250 毫升）去分量您的碳水食物可以帮助您更准确得计算您的碳水份数。例如：一杯煮好的米饭/意大利面=三份碳水化合物。

碳水食物份数

碳水食物	一份(15g 碳水化合物)	
面包及早餐谷物	1 片面包/水果面包 ½ 个餐包 1 个小晚餐面包 ½ 杯早餐谷物	1½ 块优粹麦 (Weet-Bix) 2 汤匙 或 ¼ 杯 原麦片或燕麦 ½ 杯熟麦片
米饭、意大利面、 面条及谷物	⅓ 杯熟米饭 ½ 杯熟面条	⅓ 杯熟白意大利面 ½ 杯熟大麦/藜麦
淀粉类蔬菜	1 个小土豆 ½ 杯土豆泥 ½ 杯甘薯 1 杯南瓜 1½杯青豆	½ 杯玉米粒 1 个小玉米棒 ½ 杯罐装豆类/烘豆 ¾ 杯扁豆
水果	¼ 杯榴莲(切丁) 1 个小火龙果 ½ 条大个香蕉 ½ 杯葡萄 1½ 杯甜瓜或菠萝 1 杯浆果或樱桃 1 根小香蕉 6 粒荔枝 30 粒小龙眼 1 汤匙葡萄干 ¼ 个柚子 1 杯 (250 ml) 椰子水	1 个中等大小苹果、橙子、梨、 桃子 3 个中等大小杏子 ½ 个芒果 2 个小桔子或猕猴桃 250g 盒装草莓 2 个中等大小油桃或李子 ½ 杯罐装水果(滤干) ½ 杯果汁 6 个杏干或西梅干 1 个葡萄柚 3 个小枣、 1 个大帝王椰枣
奶类	1 杯 (250ml) 奶 (所有种类，无增甜杏仁奶或豆奶除外)	
酸奶	200g 原味酸奶 1 勺冻酸奶 2 小勺冰淇淋	100g 果味酸奶 1 瓶养乐多 (Yakult) 1/3 杯卡仕达
饼干、脆饼及额外食物	4 块维他全谷脆饼 (Vita-Weats) 3 杯空气爆米花 2 (每个 30 克) 个中等大小中式饺子 5 粒烤栗子	2 块黑麦脆饼 (Ryvita) 6 块小梳打饼干 (Salada) 或 咸脆饼 (Savoy) 10 块脆米饼 ½ 个包子 1 个小谷物棒 3 块粗粮玉米脆片或年糕
面粉	2 汤匙全麦面粉	

注意: 第三页列出的“少量及无碳水”食物 = 0 份碳水化合物

样本餐单

	选择 1	选择 2
早餐 (3 份碳水)	粥: 鸡肉/猪肉/鸡蛋 + 1 杯熟长粒米或印度米	2 片粗粮面包/涂抹花生酱/牛油果的烤面包 + 250ml 牛奶或豆奶
上午茶 (2 份碳水)	250ml 奶类 +1 份水果	100g 果味酸奶或 1 瓶养乐多 (yakult) + 1 份水果
午餐 (3 份碳水)  餐盘示例	肉类或鸡肉 或鱼或鸡蛋或豆腐 + 1 ½ 杯熟面条 + ½ 盘 沙拉或低淀粉蔬菜	中式蛋饼: 2 个鸡蛋 + 韭菜、辣椒、葱头、低盐酱油、麻油、胡椒 + 1 杯熟印度米 + ½ 盘炒芥兰或其它低淀粉蔬菜
下午茶 (2 份碳水)	1 份水果 + 4 块维他全谷脆饼 (vita weat) 抹花生酱或牛油果	1 份水果 + 1 个小玉米棒
晚餐 (3 份碳水)  餐盘示例	番茄蛋汤或青菜汤 + 6 个中等大小中式饺子	肉类或鸡肉或鱼或鸡蛋或豆腐 + 1 ½ 杯熟面条 + ½ 盘沙拉或低淀粉蔬菜
夜宵 (1 份碳水)	15 块臭豆腐	5 个烤栗子

在进餐到检测血糖之间的 2 小时，请避免进食。

我可以喝些什么？

- 主要饮用清水、无调味矿泉水和苏打水。加入新鲜柠檬或青柠调味（如果同时加入蜂蜜，请少量，例如一茶勺为佳）
- 原味奶类/豆奶是钙质及蛋白质的优质来源。谨记奶类及椰子水含有碳水化合物，需要计入您的碳水份数。
- 可适量饮用茶、中国茶、咖啡、无糖软饮料及无糖浓缩果汁。

我仍然觉得饿怎么办？

如果您仍然觉得饿，可在正餐和加餐时加入更多低碳水食物。参见第三页“少量或无碳水”食物列表。您也可参考第一页关于每种食物类别摄取份量的建议。

如果我的血糖仍高怎么办？

有些情况下,即使您摄取正确种类和份量的碳水化合物，血糖仍然可能超标。如果出现这种情况，重要的是不要完全避免或过度限制摄入碳水，因为这会影响您和发育中的胎儿。有些女性需要额外帮助来控制她们的血糖，她们可能需要胰岛素。

生产后

我有罹患二型糖尿病的风险吗？

生产后,您的血糖通常会恢复正常。妊娠糖尿病病史是未来罹患二型糖尿病的风险因素。健康饮食、控制体重、规律运动及母乳喂养都可以减低患病风险。



如果您有任何问题或需要进一步建议, 请致电我们:

部门: 营养科

Mercy 妇女医院 – 电话: 03 8458 4165

Werribee Mercy 医院 – 电话: 03 8754 3150

紧急情况, 请拨打 **000** 呼叫救护车或前往离您最近的 **Mercy** 健康机构或其它医院急诊部。

HEALTHY EATING FOR GESTATIONAL DIABETES



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What is gestational diabetes?

Gestational diabetes occurs in pregnancy due to changes in your hormone levels. These changes can make the level of glucose (a type of sugar) in the blood too high. A higher than normal level of glucose in the blood while you are pregnant can cause problems for the baby, such as growing too large, early birth, distress during birth and low blood glucose levels after birth.

Why is your diet important in gestational diabetes?

Eating the right foods in pregnancy can help you:

- Get enough nutrition for you and your growing baby
- Control your blood glucose levels
- Gain your recommended amount of weight

Adequate nutrition for you and your baby

It is important to eat a variety of healthy foods to meet your and your baby's nutritional needs. The recommendations for women with gestational diabetes are similar to those for all pregnant women, with some additional guidelines.

General pregnancy recommendations on how much to eat

Food groups	Serves each day	Examples of one serve
Fruit	2	1 medium apple or orange 1 cup diced/canned fruit 2 small apricots or plums or only occasionally: 1 ½ tablespoons sultanas ½ cup fruit juice
Vegetables	5	½ cup cooked or 1 cup raw/salad vegetables ½ cup corn kernels ½ medium potato/sweet potato
Wholegrain breads and cereals	8 ½	1 slice bread ½ cup cooked porridge ½ medium roll ⅔ cup cereal flakes ¼ cup muesli ½ cup cooked rice, pasta, noodles, quinoa, cous cous, bulghur
Milk, yoghurt, cheese and alternatives	2 ½	1 cup milk or alternatives (for example soy milk) with at least 100mg calcium per 100ml 2 slices cheese 200g yoghurt
Lean meat or alternatives	3 ½	65g cooked meat 170g tofu 80g cooked chicken 30g nuts or seeds 100g cooked fish 1 cup cooked legumes/beans such as lentils and chickpeas 2 large eggs

Limit (eat in small amounts)

- High mercury fish. Most fish can safely be eaten 2 to 3 times per week. However some fish may contain high levels of mercury which can be harmful to your baby's development and should be limited as follows:
 - Limit high mercury fish (shark or flake, swordfish, broadbill, marlin) to one serve (150g) in two weeks with no other fish that fortnight.
 - Limit moderate mercury fish (orange roughy, catfish) to one serve (150g) in a week with no other fish that week.
- Caffeine. Aim to have less than 200mg per day (café coffee has 90-120mg/250ml, tea has 10-50mg/250ml). Coffee and tea should be avoided in the two hour period between eating and testing blood glucose levels.
- Unhealthy fats such as fatty meats and fried foods, added sugars and added salt.

Avoid (don't eat)

- Alcohol
- High risk listeria and salmonella (bacteria) foods such as soft white cheeses, deli meats, pre-prepared salads, bean sprouts, raw or under-cooked eggs, meat, poultry and fish and pre-prepared meats (pork, duck) in restaurants.

Controlling your blood glucose levels

There are two main things to consider when managing your diabetes with diet:

1. Type of carbohydrate
2. Amount of carbohydrate

What are carbohydrates

Carbohydrates are:

- Sugars - such as added sugar in soft drinks and sweets or natural sugars found in healthy foods like fruit and milk
- Starches - found in many healthy foods such as bread, rice, pasta, some vegetables, for example potato, that break down to glucose during digestion.

Carbohydrate containing foods:

Food group	Carbohydrate containing foods	Little or no carbohydrate
Wholegrain breads and cereals	Bread, pasta, rice, noodles, breakfast cereals, quinoa, barley	
Fruit	All fruit including juices and dried fruit (such as dates, raisins and sultanas)	Avocado
Vegetables	Potato, sweet potato, yams, pumpkin, corn, peas, legumes (beans and chickpeas) and lentils, water chestnuts	All other cooked and salad vegetables (referred to as 'low starch' vegetables)
Milk, yoghurt, cheese and alternatives	Dairy, oat, sweetened almond and soy milks Yoghurt	Cheese Unsweetened almond and soy milk
Lean meats or alternatives	Legumes and lentils	Meat, chicken, fish, eggs, tofu, nuts and seeds

Herbs and spices e.g. fresh chilli, garlic, five spice, curry powder and soy sauce do not contain carbohydrate and can still be used to flavour food.

The high carbohydrate foods above will directly affect your blood glucose levels. The foods which are low in carbohydrate will not significantly affect your blood glucose levels.

Sugar

Carbohydrate foods that don't contain much nutrition include table sugar (white and raw), soft drinks, cordials, honey, lollies, cakes, sweet biscuits, chocolate and sweet red bean soup. It is best to limit these foods to avoid high blood glucose levels and for your general health. Stir fry sauces e.g. hoisin, oyster and Szechuan sauces should also be limited. Small amounts of sugar (any type) or honey e.g. one teaspoon in a hot drink, should not increase blood glucose levels much.

Intense or artificial sweeteners

Intense or artificial sweeteners contain either little or no carbohydrate. They are considered safe alternatives to sugar during pregnancy. Sweeteners include Aspartame (Equal), Sucralose (Splenda) and Stevia and are also found in artificially sweetened products such as diet/zero soft drinks.

What about fats?

While fats do not affect your blood glucose levels in the same way as carbohydrates, it is recommended to eat healthier fats such as oily fish, olive oil, nuts, seeds and avocados.

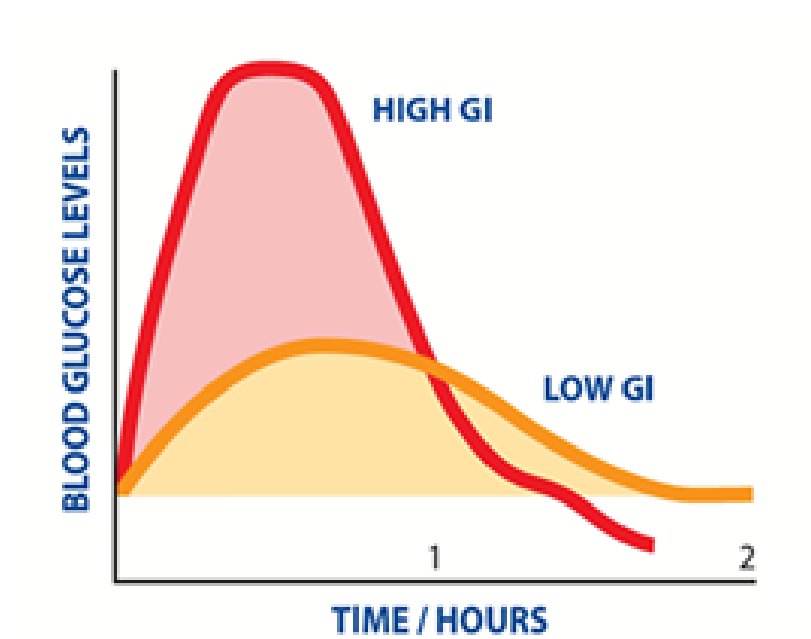
What type of carbohydrate foods should I eat?

The Glycaemic Index (GI) is a measure of how quickly or slowly a carbohydrate food digests and increases blood glucose levels.

A lower GI carbohydrate food will increase your blood glucose level more slowly.

A higher GI carbohydrate food will increase your blood glucose level more quickly.

The graph below shows how a high and low GI food affects your blood sugar level over a two hour period.



Lower GI carbohydrates are the preferred choice for managing your diabetes and can help to avoid the need to use insulin.

The table on the next page shows you examples of lower GI and higher GI choices. If you often choose higher GI foods, try swapping them for options in the lower GI column. Refer to the [Supermarket Shopping Guide](http://www.baker.edu.au/health-hub/fact-sheets/shopping-guide) (www.baker.edu.au/health-hub/fact-sheets/shopping-guide) for brand names of recommended products. Note: This guide is not specific to pregnancy. Please continue to follow standard food safety recommendations for pregnancy (see info provided on page 2).

Glycaemic index of carbohydrate foods

Food category	✓ Lower GI	✗ Higher GI
Bread and cereals	✓ Wholegrain bread ✓ Sourdough bread ✓ Fruit bread ✓ Low GI White bread ✓ Congee made with basmati or long grain rice ✓ Wholegrain cereals ✓ Untoasted muesli ✓ Rolled oats or traditional oats (porridge) ✓ Up & Go	✗ White bread ✗ Wholemeal bread ✗ White flour ✗ Congee made with short grain rice ✗ Cornflakes ✗ Rice Bubbles, Coco-Pops ✗ Froot loops ✗ Instant oats (porridge)
Rice, Pasta, Noodles and Grains	✓ Long grain rice, white or brown, such as basmati, mahatma, doongara ✓ Wild rice ✓ SunRice Low GI (white and brown) ✓ Wheat pasta (white and wholemeal) ✓ All noodles ✓ Barley ✓ Quinoa ✓ Millet	✗ Jasmine rice (brown or white) ✗ Short grain rice (brown or white) ✗ Potato gnocchi
Starchy vegetables	✓ Orange sweet potato ✓ Nicola potato ✓ Carisma and baby Carisma potato ✓ Yam ✓ Butternut pumpkin ✓ Corn ✓ Legumes, lentils, baked beans ✓ Chestnuts	✗ White potato ✗ Purple sweet potato ✗ Pumpkin (varieties other than butternut)
Fruit	✓ Pear, nashi pear ✓ Dragon fruit, durian ✓ Grapefruit, pomelo (Large grapefruit) ✓ Lychees, longans (olive size, like lychee) ✓ Apple, apricots, banana, berries ✓ Cherries, grapes, dates ✓ Orange, kiwifruit, mandarin, mango ✓ Nectarine, peach, plum ✓ Pineapple ✓ Coconut water ✓ Tinned fruit in natural juice (not syrup)	✗ Rockmelon, watermelon ✗ Tinned fruit (in syrup) Note: Although fruit juice and dried fruit have a lower GI, consume only small amounts as they contain a lot of carbohydrate. Fresh fruit is preferable.
Milk and Yogurt	✓ Dairy milk and yoghurt ✓ Soy milk and yoghurt ✓ Yakult	✗ Sweetened condensed milk ✗ Oat and rice milk
Biscuits, crackers and extras	✓ Wholegrain crackers e.g. Vita-Weat 9 grain, Ryvita multigrain ✓ Uncle Toby's Breakfast Bakes ✓ Carman's super berry muesli bar ✓ Low fat ice cream and custard ✓ Milo/Ovaltine ✓ Chinese dumplings	✗ Rice crackers and rice cakes ✗ Puffed corn thins or crispbreads ✗ White crackers such as Savoy, Sao, Salada ✗ Salted meat rice dumplings ✗ Plain sweet biscuits ✗ Red bean dessert soup

What amount of carbohydrate should I eat?

A total of approximately 180-225g of carbohydrate per day is recommended to meet your requirements in pregnancy.

Your carbohydrate needs are actually greater during your pregnancy. Glucose is needed for the healthy development of your baby.

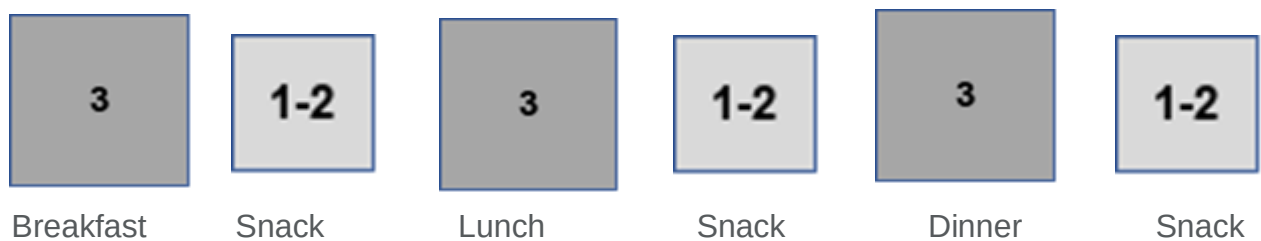
You should not avoid carbohydrates to control blood glucose levels.

How to count carbohydrates in portions.

- 15g of carbohydrate = 1 portion of carbohydrate
- 180 - 225g of carbohydrate = 12 -15 portions of carbohydrate

Below is an example of how you can spread out your carbohydrate intake throughout the day.

- **Eat three portions of carbohydrate (45g) at each main meal.**
- **Eat one to two portions of carbohydrate (15-30g) at each snack.**



The table on the next page shows you examples of carbohydrate portions.

Not all foods listed are low GI. Where possible eat low GI foods.

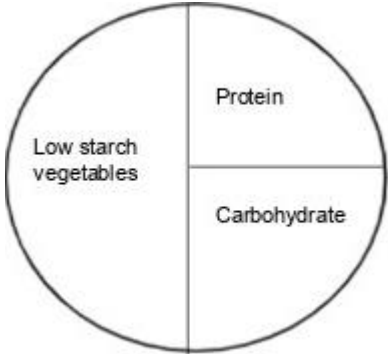
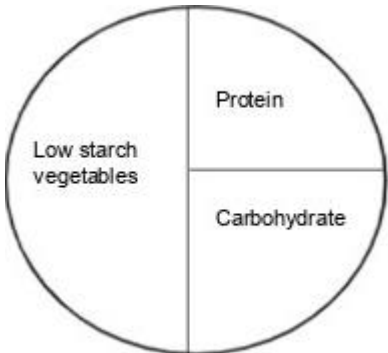
Using a metric measuring cup (250ml) to serve your carbohydrate foods can help you count your carbohydrate portions correctly. For example: 1 cup cooked rice/pasta = 3 carbohydrate portions.

Carbohydrates food portions

Carbohydrate food	One portion (15g carbohydrate)	
Breads and cereals	1 slice bread or fruit bread ½ bread roll 1 small dinner roll ½ cup breakfast cereal	1½ Weet-Bix 2 tablespoons or ¼ cup raw muesli or oats ½ cup cooked oats
Rice, pasta, noodles and grains	⅓ cup cooked rice ½ cup cooked noodles	⅓ cup cooked white pasta ½ cup cooked barley/quinoa
Starchy vegetables	1 small potato ½ cup mashed potato ½ cup sweet potato 1 cup pumpkin 1 1/2 cups green peas	½ cup corn kernels 1 small corn cob ½ cup canned legumes/baked beans ¾ cup lentils
Fruit	¼ cup durian (diced) 1 small dragon fruit ½ large banana ½ cup grapes 1½ cups melon or pineapple 1 cup berries or cherries 1 small banana 6 lychees 30 small longans 1 tablespoon sultanas ¼ pomelo 1 cup (250 ml) coconut water	1 medium apple orange, pear, peach 3 medium apricots ½ mango 2 small mandarins or kiwi fruit 250g punnet strawberries 2 medium nectarines or plums ½ cup tinned fruit (drained) ½ cup fruit juice 6 dried apricots or prunes 1 grapefruit 3 small dates, 1 large medjool date
Milk	1 cup (250ml) milk (all types excluding unsweetened almond or soy milk)	
Yogurt	200g plain yoghurt 1 scoop frozen yoghurt 2 small scoops ice cream	100g fruit yoghurt 1 bottle yakult 1/3 cup custard
Biscuits, crackers and extras	4 Vita-Weats 3 cups air popped popcorn 2 (30g each) medium Chinese dumplings 5 kernels roasted chestnuts	2 Ryvita 6 small Salada or Savoy 10 rice crackers ½ Bao bun 1 small muesli bar 3 multigrain corn thins or rice cakes
Flour	2 tablespoons wholemeal flour	

Note: The “little or no carbohydrate” foods from page 3 = 0 carbohydrate portions

Sample meal plans

	Option 1	Option 2
Breakfast (3 portions carbohydrate)	Congee: chicken/pork/egg, + 1 cup cooked long grain or basmati rice	2 slices grain bread/toast with peanut butter/avocado + 250ml milk or soy milk
Morning snack (2 portions carbohydrate)	250ml milk +1 portion fruit	100g fruit yoghurt or 1 bottle yakult + 1 portion fruit
Lunch (3 portions carbohydrate)  A plate example	Meat or chicken or fish or egg or tofu + 1 ½ cups cooked noodles + ½ plate salad or low starch vegetables	Chinese egg omelette: 2 eggs + Chinese chives, chilli, shallots, light soy sauce, sesame oil, pepper + 1 cup cooked Basmati rice + ½ plate stir fried Chinese broccoli or other low starch vegetables
Afternoon snack (2 portions carbohydrate)	1 portion fruit + 4 vita weat crackers with peanut butter or avocado	1 portion fruit + 1 small corn cob
Dinner (3 portions carbohydrate)  A plate example	Tomato and egg soup or Shanghai greens soup + 6 medium Chinese dumplings	Meat or chicken or fish or egg or tofu + 1 ½ cups cooked noodles + ½ plate salad or low starch vegetables
Evening snack (1 portion carbohydrate)	15 small pieces 'chou Doufu' (stinky tofu)	5 roasted chestnuts

Avoid eating in the two-hour period between your meal and blood glucose test.

What can I drink?

- Choose mainly water, plain mineral water and soda water. Add fresh lemon or lime for flavour (if also adding honey remember small amounts, e.g. one teaspoon, are best)
- Plain milk/soy milk provides a good source of calcium and protein. Remember that milk and coconut water contain carbohydrates and need to be included in your carbohydrate portions.
- Tea, Chinese tea, coffee, diet soft drink and diet cordials can be consumed in moderation.

What if I still feel hungry? What if I still feel hungry?

If you still feel hungry add extra foods that are low in carbohydrate to your meals and snacks. Look at the table on page 3 for the list of “little or no carbohydrate” foods. You can also check the table on page 1 for serve recommendations for each food group.

What if my blood sugars are still high?

Sometimes you may be eating the right amount and type of carbohydrate but will still have high blood glucose levels. If this occurs it is important not to avoid carbohydrates or restrict them too much as this can impact you and your growing baby. Some women need extra help to manage their blood glucose levels and may require insulin.

After your pregnancy

Am I at risk of developing Type 2 diabetes?

Your blood glucose levels will usually return to normal after the birth of your baby. Gestational diabetes is a risk factor for developing Type 2 diabetes later in life. Eating healthy foods, controlling body weight, regular exercise and breastfeeding can reduce this risk.



For more information

If you have any questions or need further advice, please call us:

Department: Dietetics

Mercy Hospital for Women - Phone: 03 8458 4165

Werribee Mercy Hospital - Phone: 03 8754 3150

In the event of an emergency, please dial **000** for an ambulance or go to your nearest Mercy Health or other hospital emergency department.