

CUNTO-CUNIS CAAFIMAAD LEH OO LOOGU TALAGALAY DUMARKA UURKA LEH EE SONKORTA QABA



Mercy Health
Care first

Waa maxay sonkorta uurka?

Sonkorowga uurka wuxuu yimaadaa xilliyada uurka iyadoo ay u sabab tahay isbeddellada heerarka hoormoonkaaga. Isbeddelladani waxay ka dhigi karaan heerka gulukoosta (nooc ka mid ah sonkorta) ee dhiigga ku jira mid aad u sarreeya. Sonkorta dhiigga oo ka sare-marta heerka caadiga ah ee dhiigga marka aad uur leedahay waxay ilmaha u keeni kartaa dhibaatooyin, sida inuu ilmuhu aad u weynaado, dhalmo xilli hore timaada, ilmaha oo sirira xilliga foosha iyo/ama heerarka gulukooska dhiigga ilmaha oo hoos u dhaca markuu dhasho.

Waa maxay sababta ay raashinka aad cunayso muhiim ugu tahay xanuunka macaanka ee xilliga uurka?

Inaad cunto raashinka saxda ah marka aad uurka leedahay waxay kaa caawinaysaa:

- Adiga iyo ilmahaaga koraya hela nafaqo idinku filan
- Dejinta ama xakameynta sonkorta dhiiggaaga
- Miisaankaagu kor hau kaco inta laguugu talagalay

Nafaqo ku filan adiga iyo ilmahaaga

Waa muhiim inaad cuntid noocyo kala duwan oo cunto caafimaad leh si aad u hesho nafaqada aad u baahantihiin adiga iyo ilmahaaga. Inta loogu talagalay dumarka uurka leh ee la nool sonkorta uurka waxay la mid tahay inta loogu talagalay dumarka dhan ee uurka leh, waxaa kaliya oo u dheer tilmaamo dheeri ah.

Talooyinka guud ee ku saabsan inta la rabo inay cunaan dumarka uurka leh

Kooxaha cuntada	qiyaasta maalin kasta	Tusaalooyinka hal qiyaas
Furuut	2	1 tufaax ama liin bambeelmo ama mararka qaar: 1 koob oo furuut la ½ koob oo casiir furuut ah jarjaray/qasacadaysan ah Hal qaado iyo bar sabiib ah 2 xabo oo apricot ama plum ah 3 xabo oo timir ah
Khudaar	5	½ koob oo ah khudaar la kariyey ama 1 koob oo khudaar ceeriin/salad ah ½ koob oo galley xasiid ah ½ baradho/ baradhada macaan oo si meel dhexaad ah loo kariyay
Rooti wholegrain ah iyo cereal	8 ½	1 jeex oo rooti ah ⅔ koobkiis oo cereal flakes ah Koob badhkiis oo boorash la ¼ koobkiis oo muesli ah kariyay ah ½ koobkiis oo bariis la kariyay ah, ½ medium roll (rooti) baasto, buleendo (soor) mesego, jab medium flatbread ah quinoa

Caano, yoogat, farmaajo iyo waxyaabo kale	2 ½	1 koobkiis oo caano ah ama wax kale oo lagu badalan karo (tusaale caanaha soy milk) oo leh ugu yaraan 100mg calcium ah boqolkii ml-ba 200g oo yoogat ah 2 xabo oo farmaajo ah	
Hilibka caatada ah ama beddelkiis	3 ½	65g oo hilib la kariyay ah 80g digaagad la kariyay 100g kalluun la kariyay 2 xabo oo ukumo waaweyn ah	30g oo lows ama seeds ah 170g tofu 1 koob oo legumes la kariyay ah ama digir sida lentils ama chickpeas

Xaddid (wax wax yar cun)

- Kalluunka mercury sare leh. Inta badan kalluunka si badbaado leh ayaa loo cuni karaa 2 ilaa 3 jeer toddobaadkii. Balse waxaa laga yaabaa in kalluunka qaar uu leeyahay mercury aad u sarreeya kaas oo waxyeello u geysan kara horumarka ilmahaaga waana in loo xaddidaa sida soo socota:
 - Kalluunka mercury giisa sarreeya (shark/flake, swordfish, broadbill, marlin) hal mar labadii (150g) toddobaadba adiga oo aan cunayn kalluun kale labadaas toddobaad.
 - Xaddid kalluunka mercury giisa dhexdhexaadka yahay (orange roughy, catfish, marlin) hal mar isbuucii (150g) adiga oo aan cunayn kalluun kale isbuucaas.
- Caffeine ka. Qaado wax ka yar 200mg/day (kafeega maqaayadaha wuxuu leeyahay 90-120mg/250ml, tea has 10-50mg/250ml). Qaxwada iyo shaaha waa in laga fogaadaa labada saac ee ka horeysa baaritaanka heerarka gulukoosta dhiigga.
- Dufanka (fat) aan caafimaadka lahayn sida hilibka baruurta ah iyo cuntooyinka la shiilay, sonkor iyo cusbo lagu daray.

Iska ilaali (ha cunin)

- Khamriga
- Khamriga iyo cuntooyinka khatarta sare leh ee listeria iyo salmonella (bakteeriyada) sida farmaajo cad oo jilicsan, hilibka deliga (oo hore u diyaarsan oon dib loo karinayn) ,tahini iyo humus, saladh hore loo sii diyaariyay, ukun cayriin, hilib ama kalluun.

Maareynta heerarka sonkorta dhiigaaga

Waxaa jira laba arrimood oo muhiim ah oo ay tahay in la tixgeliyo marka aad cuntada ku maaraynayso xanuunka macaanka:

- Nooca karbohaydrayt ka
- Qiyaasta karbohaydrayt ka

1. Waa maxay karbohaydraytyadu?

Karbohydrytku waa:

- Sonkorta - sida sonkorta lagu daray cabitaannada fudud iyo macmacaanka ama sonkorta dabiiciga ah ee laga helo cuntooyinka caafimaadka leh sida khudradda iyo caanaha
- Starches - waxaa laga helaa cuntooyin badan oo sixa leh sida rootiga, bariiska, baastada, khudaarta qaarkood, tusaale ahaan baradhada, kuwaas oo u burbura gulukoos xilliga dheefshiidka

Raashinka karbohaaydraytka leh

Kooxaha cuntada	Raashinka karbohaaydraytka leh	In yar oo karbohaydrayt ah amaba aanan haba yaraatee wax karbohaydrayt ah lahayn
Rooti wholegrain ah iyo cereal	Rooti, baasto, bariis, baasto nuudhul, quraacda cereal ka, badarka kale sida semolina iyo haruurka (sorghum)	
Furuut	Furuut ka oo dhan oo ay ku jiraan casiirka iyo furuutka la qalajiyeey (sida timirta, sabiib iyo sultannada)	Avokado
Khudaar	Baradhada, baradhada macaan, bocorka, galley, digirta cagaaran, legumes (beans and chickpeas) iyo misirta	Dhammaan khudaarta kale ee la kariyeey iyo saladka
Caano, yoogat, farmaajo iyo beddelkooda	Waxyaabaha Dairy ga, boorashka, almond-macaan iyo caano soy Yoogat	Farmaajo Caano almond iyo soy oo aan la macaanayn
Hilibka jiirka ah ah ama beddelkiis	digirta legumes ka ama mida lentils ka	Hilibka, digaaga, kalluunka, tofu, ukunta, lawska, miraha (seesd)

Dhir iyo spices ka raashinka dhadhanka u yeela tusaale. basbas cusub, toonta, shanta xawaaji, budada curry iyo suugo soy kuma jiraan karbohaydrayt welina waa loo isticmaali karaa in lagu dhadhamiyo cuntada.

Cuntooyinka karbohaydrayt sare ee kor ku xusan waxay si toos ah u saamayn doonaan heerarka gulukoosta dhiiggaaga. Nooca iyo cadadka cuntooyinkan ayaa u baahan in lala socdo. Cuntooyinka ay ku yar tahay karbohaydraytyadu si weyn uma saameeyaan heerarka gulukoosta dhiiggaaga.

Sonkor

Cuntooyinka karbohaydraytka ah ee aan nafaqo badan ku jirin waxaa ka mid ah sonkorta miiska (caddaan iyo ceyriin), cabitaannada fudud ,shaaha Soomaalida, malab, nacnac, keega, buskut, shukulaatada, shushumow, xalwa iyo bur. Waxaa fiican in la xaddido cuntooyinkan si looga fogaado heerarka gulukoosta dhiigga ee sarreeya iyo marka laga hadlayo caafimaadkaaga guud. Wax yar oo sonkor ah, (nooc kasta) ama malab sida hal qaado oo cabitaan kulul ah, waa in aanay aad u kordhin heerka gulukooska dhiigga.

Macaaneeyaha macmalka ah (Artificial sweeteners)

Macaaneeyaha macmalka ah waxaa ama kujira wax yar oo karbohaydrayt ah ama maba lahan karbohaydrayt dhan. Waxaa loo arkaa wax lagu badalan karo sonkorta xilliga uurka. Macmacaanka waxaa ka mid ah Aspartame (Equal), Sucralose (Splenda) iyo Stevia waxaana sidoo kale laga helaa alaabta macmacaanka ah sida cunto/cabitaannada eber ah.

Waxyaabaha dufanka (fat) ka leh kawaran?

Inkastoo uusan fat ku saamayn ku lahayn gulukooska dhiiggaaga si la mid ah karbohaydryatyada, waxa lagu talinayaa in aad cunto fat ka caafimaad qaba sida kalluunka saliidda leh, saliid saytuunka, lawska, iniinaha iyo avokadhada.

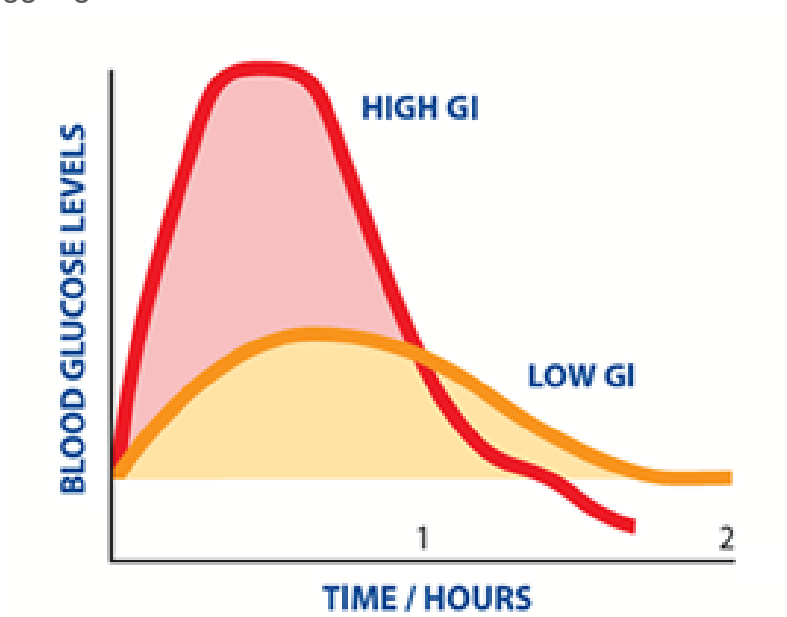
Cuntooyinka karbohaydryatyada ee aan cuni karo waa kuwee?

Tusmada Glycemic waa cabbirka ah sida degdega ah ama tartiibta ah ee cuntada karbohaydryatku u shiiddo oo ay u kordhiso heerarka gulukoosta dhiigga.

Cunto karbohaydryat GI hooseysa leh waxay si tartiib tartiib ah u saameyn doontaa heerka gulukooska dhiiggaaga

Cunto karbohaydryat GI sareeya leh waxay si dhakhsha ah u kor ugu qaadi doontaa heerka gulukooska dhiiggaaga

Jaantuska hoose wuxuu muujinayaa sida cuntada GI sare iyo hooseysa u saamayso heerka sonkorta dhiiggaaga muddo laba saacadood ah



Karbohaydryatyada GI-da hoose ayaa ah doorashada la door bidayo ee maaraynta xanuunka macaanka waxayna kaa caawin kartaa inaad iska ilaaliso baahida loo qabo isticmaalka insulin.

Jadwalka bogga xiga wuxuu ku tusayaa tusaalooyin GI hoose ah iyo xulashooyinka GI sare. Haddii aad inta badan doorato cuntooyinka GI sare leh, isku day inaad u beddelato ikhtiyaarrada ku jira tiirarka GI hoose.

Waxaad eegtaa [Tilmaamaha Wax-iibsiga Supermarket ka \(Supermarket Shopping Guide\)](http://www.baker.edu.au/health-hub/fact-sheets/shopping-guide) (www.baker.edu.au/health-hub/fact-sheets/shopping guide) wixii ah nuucyada lagu taliyey. Fiiro gaar ah: Hagahan ma aha mid u gaar ah uurka. Fadlan sii wad inaad raacdo talooyinka badbaadada cuntada ee lagula taliyay dumarka uurka leh (eeg macluumaadka ku qoran bogga 2).

Tusmada Glycemic ee cuntooyinka karbohaydraytyada

Qaybta cuntada	☒ GI yar	☒ GI Sarreeya
Rooti iyo cereals	✓ Rootiga wholegrain ka ah ✓ rooti fidsan oo hadhuudh ah ama wholemeal ✓ Rooti cad oo GI hooseeya, rooti cajiin ah ✓ Rooti sida anjero, ceesh ama roodhida pita ee lagu sameeyay sarreenka ama burka badarka ama burka hadhuudhka ✓ Wholegrain cereals ✓ Muesli aan la dubin ✓ Oat duuban (boorash) ✓ Up & Go	✗ Rooti cad ama mid wholemeal ah ✗ Rooti fidsan (ceeshka) oo laga sameeyay bur cad ✗ Rooti tusaale. muufo ama sabaayad lagu sameeyay bur cad ✗ Galleyda, Loops-Froot ✗ Rice Bubbles, Coco-Pops ✗ Boorashka degdeg loo karin karo (boorash)
Bariis, Baasto, Baasto nuudhal iyo Grains	✓ Bariiska hadhuudhka dheer, sida basmati, doongara, mahatma (caddaan ama bunni) ✓ SunRice Low GI (caddaan iyo bunni) ✓ Baasto sarreen ah (caddaan iyo wholemeal) ✓ Baasto nuudhal kasta ✓ Quinoa ✓ Semolina ✓ Sorghum (mesego)	✗ Bariiska nuuca Jasmine ✗ Bariis hadhuudh gaaban oo cad ama bunni ah ✗ Polenta ama galley ✗ Millet ✗ Soor
Khudaarta istaarijka	✓ Baradhada macaan ee Orange, Okinawan baradhada macaan ✓ Nicola baradho ✓ Carisma iyo baby Carisma baradhada ✓ Bocorka Butternut ✓ Galey ✓ Digirta sida digirta azuki, digirta kelyaha, digirta iyo digirta	✗ Baradho cad ✗ Baradho macaan oo purple ah ✗ Bocorka (noocyo aan ahayn subagga)
Furuut	✓ Timir ✓ Istaroowbeeri iyo beeri kale ✓ Tufaax, pear, moos ✓ Cherry, canab ✓ Liin bambeelmo, Mandarin, kiwifruit ✓ Nectarine, peach, apricot, plum ✓ Furuut ka canabka, canbe ✓ Passionfruit, rummaan, guava ✓ Cananaaska ✓ Furuut gasacadaysan oo ku jira casiirka dabiiciga ah (sharaab maaha)	✗ Rockmelon, qaraha ✗ Furuut gasacadaysan (oo sharaab camal ah) Fiiro gaar ah: Inkasta oo casiirka furuutka iyo furuut ka la qalajiyey ay leeyihiin GI hoose, isticmaal qadar yar oo keliya maadaama ay ku jiraan karbohaydrayt badan. Furuut fareesh ah ayaa la door bidayaa.
Caanno iyo Yoogat	✓ Caano iyo Yoogat ✓ Caanaha soy iyo yoogat ✓ Kefir	✗ Mashaari iyo caanaha bariiska

Buskut, buskud qalalan iyo waxyaabo dheeraad ah	✓ Buskudka qalalan oo wholegrain ah sida Vita-Weat 9 Grain, Ryvit Multigrain ✓ Quraacda la dubay ee Uncle Toby ✓ Carman's super berry muesli bar ✓ Jalaatada dufanlu ku yar yahay ✓ Milo/Ovaltine	✗ Keega ✗ Rice crackers iyo rice cakes ✗ Buskudka macaan ee cad cad. Savoy, Sao, Salada ✗ Buskud macaan oo cad. dheefshiidka ✗ Keega la shiilay sida sambusa, bur ✗ Macmacaanka soomaalida sida xalawa iyo shushumow
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Qiyaas intee la'eg oo karbohaydrayt ayaa loo baahan yahay inaan cuno?

Isugeyn qiyaastii 180-225g oo karbohaydrayt ah maalintii ayaa lagula talinayaa si loo daboolo baahida haweenta uurka leh uurka.

Baahida karbohaydraytyadu runtii aad bay u badan tahay inta aad uurka leedahay. Gulukoos ayaa looga baahan yahay horumarka caafimaadka qaba ee ilmahaaga.

Waa inaad iska ilaalin. karbohaydraytyada si aad u xakamayso heerarka gulukoosta dhiigga.

Sida loogu tirin karo karbohaydraytyada qaab qeybo-qeybo ah

- 15g oo karbohaydrayt = 1 qayb karbohaydrayt ah
- 180 - 225g oo karbohaydrayt = 12 ilaa 15 qaybood oo karbohaydrayt ah

Hoos waxaa ku yaal tusaale ah sida aad u faafin karto qaadashada karbohaydraytyadaada maalintii oo dhan.

- **Cun saddex qaybood oo karbohaydrayt ah (45g) cunto kasta oo muhiim ah.**
- **Cun hal ilaa laba qaybood oo karbohaydrayt ah (15-30g) cunto fudud kasta.**



Jadwalka bogga xiga wuxuu ku tusayaa tusaalayaal qaybo karbohaydrayt ah.

Dhammaan cuntooyinka liiska ku jira maaha GI hooseeya. Haddii ay suurtagal tahay cun cuntooyinka GI hooseeya.

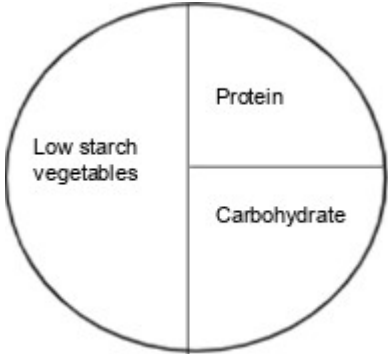
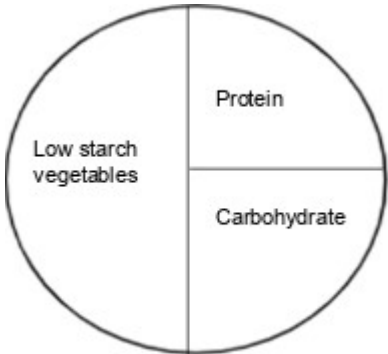
Isticmaalka koob cabbirka mitirka ah (250ml) si aad ugu adeegto cuntooyinka karbohaydraytyadu waxay kaa caawin kartaa inaad si sax ah u tiriso qaybaha karbohaydraytyadaada. Tusaalaha 1-aad: 1 koob oo bariis/baasto la kariyey = 3 qaybood oo karbohaydrayt ah.

Qaybaha cuntada karbohaydraytka

Cunnada karbohaydraytka	Hal qayb (15g karbohaydrayt)	
Rooti iyo cereals	1 jeex oo rooti ah ½ duub oo rooti ah 1 duub oo casho yar ½ koob quraacda cereal ka ah 1 canjeero	½ muufo ¼ koob muesli/mashaari cayriin ah ½ koob oo mashaari la kariyey 1½ Weet-Bix ½ sabaayad
Bariis, baasto, baasto nuudhal iyo galeey	⅓ koob bariis la kariyey ½ koob baasto noodle la kariyey ½ koob soor	⅓ koob baasto la kariyey ⅓ koob semolina la kariyey ama hadhuudh ama quinoa
Khudaarta istaarijka	Baradho cad 1 baradho yar 1 koob oo bocor ah ½ koob oo legumes la kariyay oo gasacadaysan/la kariyey ah (digirta cas/digirta kelyaha, chickpeas)	½ koob oo galley ah 1 galley yar 1 1/2 koob oo digir cagaaran ah ¾ koob lentil
Furuut	1 tufaax dhexdhexaad ah, oranji, pear, miro guduud 3 timirood oo yaryar, 1 timita medjool oo weyn ½ muus weyn ama 1 muus yar ½ koob oo canab ah 1½ koob oo qaraha ama cananaaska 1 koob oo berry ah ama jeeriga 1 xabo oo pomegranate ama grapefruit ah ½ koob oo casiir furuut ah 3 apricots dhexdhexaad ah	2 Mandarin yar ama kiwi fruit ah ½ canbe 250g oo punnet strawberry ah 2 nectarines dhexdhexaad ah ama plums ½ koob khudaar qasacadaysan oo casiir ah ½ koob khudaar qasacadaysan oo casiir ah 1 qaado oo sabiib ah 6 apricots qallalan ama prunes ah
caano	1 koob (250ml) caano (dhammaan noocyada marka laga reebo yicib aan la macaanayn ama caano soy ah)	
Yoogat	200g oo yoogat cad ah 1 qaado oo yogurt barafaysan ah 100g oo yoogat furuut ah	400g efir 2 qaado oo yar oo jalaato ah 1/3 koob oo custard ah
Buskut, buskud qalalan iyo waxyaabo dheeraad ah	2 Ryvita 4 Vita-Weat 10 xabo oo rice crackers10 ah 6 saladh yar ama savoy 1 sambuus	1 bur 3 koob oo air popped popcorn ah 1 muesli bar yar ah 3 multigrain corn qafiif ah ama rice cakes
Bur	2 qaado oo bur ah oo cad / burka wholemeal ka ah ½ koob oo chickpea bur ah	

Fiiro gaar ah: Cuntooyinka "karbohaydrayt yar ama aan lahayn" ee bogga 3 = 0 qaybaha karbohaydrayt

Tusaalaha qorshayaasha cuntada

	Doorashada 1	Doorashada 2
Quraac (3 qaybood oo karbohaydrayt ah)	2 anjero (20cm diameter) + 1 ukun ama oodkac + khudaar starch keedu hooseeyo + 1 muus yar	1 koob oo oats la kariyay ah + ½ koob caano ah + ½ koob oo berry ah
Cunto fudud oo subaxdii ah (2 qaybood oo karbohaydrayt ah)	200g oo yoogat furuut ah	1 qayb furuut ah + 250ml caano
Qado (3 qaybood oo karbohaydrayt ah)  Tusaale saxan	Suqaar Hilib ama digaag + 1 koob oo bariis Basmati la kariyey ah + ½ saxan khudaarta starch keedu hooseeya sida eggplant, karootada, digirta cagaaran, digir, zucchini, basasha, kabsicum + Herbs and spices oo ay ka mid yihiin coriander, cumin, tumeric	Baasto: Maraqa baastada ku salaysan ee yaanyo iyo dhir iyo dhir udgoon + 1 koob oo baasto la kariyey + ½ saxan salad ah sida caleen salad cagaaran oo isku qasan ama salaar, qajaar, yaanyo, karooto, kabsikum
Cunto fudud oo galabtii ah (2 qaybood oo karbohaydrayt ah)	4 Vita Weat crackers ah oo ay wehliso 40g farmaajo	1 ilaa 2 jeex oo multigrain bread ah oo leh peanut butter ama avocado
Casho (3 qaybood oo karbohaydrayt ah)  Tusaale saxan	Sandwich (2 xabbo oo wholegrain rooti ah oo leh digaag ama hilib ama tuna iyo salad) 1 qayb oo furuut ah	Cambuulo: ¾ koob oo sorghum ama bariis basmati la kariyay ah + ½ oo digirta adzuki ah + yaanyo la jarjaray ah oo leh herbs iyo spices
Cunto fudud oo fiidkii ah (1 qayb karbohaydrayt ah)	1 qayb furuut ah + 30g nuts/lows ah	4 timir + 200 garaam oo yogurt dabiiciga ah

Waxba ha cunin labada saacadood ee u dhexeysa cuntadaada iyo baaritaanka gulukooska dhiiggaaga.

Maxaan cabbi karaa?

- Cab badi biyaha, biyaha macdanta caadiga ah iyo biyaha soodhaha. Ku dar liin dhanaan ama liin fresh ah si ay dhadhan u yeelato.
- Caanaha caadiga ah waxaa laga helaa kalsiyum iyo borotiin. Xusuusnow in caanuhu ay ka kooban yihiin karbohaydrayt oo loo baahan yahay in lagu daro qaybaha karbohaydraytadaada.
- Shaaha, kafeega, cabitaanka fudud ee cuntada iyo xadhkaha cuntada ayaa loo cuni karaa ama loo cabi karaa si dhexdhexaad ah.

Kawaran haddii aan weli gaajo dareemayo?

Haddii aad wali gaajo dareemayso ku dar cuntooyin dheeraad ah oo ay ku yartahay karbohaydrayt cuntadaada iyo cuntooyinkaaga fudud. Ka eeg shaxda bogga 3 liiska cuntooyinka "karbohaydrayt yar ama aan lahayn". Waxa kale oo aad ka hubin kartaa shaxda bogga 1 si aad u hesho talooyinka u adeega koox kasta oo cunto ah.

Maxaa dhacaya haddii sonkorta dhiiggaygu ay weli sareeyso?

Marmarka qaarkood waxaa laga yaabaa inaad cunayso qiyaasta saxda ah iyo nooca karbohaydrayt laakiin waxaa wali dhici karta in heerka gulukooska dhiigaagu uu sarreeyo. Haddii ay tani dhacdo waa muhiim inaad joogin karbohaydraytada ama aadan aad u yareyn sababtoo ah tani waxay saameyn kartaa adiga iyo ilmahaaga koraya. Haweenka qaarkood waxay u baahan yihiin caawimo dheeraad ah si ay u maareeyaan heerarka gulukooska dhiiggooda waxaana laga yaabaa inay u baahdaan insulin.

Uurkaaga kadib

Halis miyaan ugu jiraa in nooca 2aad ee sonkorowga uu igu dhaco?

Heerarka gulukoosta dhiiggaaga ayaa caadi kusoo laaban doonta dhalmada kadib. Sonkorowga uurka waa arrin halis ah oo keeni karta Nooca 2 ee sonkorowga nolosha dambe. Cunista cunto caafimaad leh, xakamaynta miisaanka jidhka, jimicsiga joogtada ah iyo naas nuujinta ayaa yarayn karta khatartan.





Wixii macluumaad

Haddii aad qabto wax su'aalo ah ama aad u baahan tahay talo dheeraad ah, fadlan na soo wac:

Waaxda: Cuntooyinka

Isbitaalka Mercy ee Haweenka - Taleefanka: 03 8458 4165

Werribee Mercy Hospital - Taleefanka: 03 8754 3150

Haddii ay dhacdo xaalad degdeg ah, fadlan wac **000** si aad u hesho ambalaas ama u tag caafimaadka Mercy ee kuugu dhow ama meel kale oo

HEALTHY EATING FOR GESTATIONAL DIABETES



Mercy Health
Care first

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/or 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 3 small dates or only occasionally: ½ cup fruit juice 1 ½ tablespoons sultanas
Vegetables	5	½ cup cooked or 1 cup raw or 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 ½ medium flatbread ⅔ cup cereal flakes ¼ cup muesli ½ cup cooked rice, pasta, semolina, sorghum, quinoa
Milk, yoghurt, cheese and alternatives	2 ½	1 cup milk or alternatives (for example soy milk) with at least 100mg calcium per 100ml 200g yoghurt 2 slices cheese
Lean meat or alternatives	3 ½	65g cooked meat 80g cooked chicken 100g cooked fish 2 large eggs 30g nuts or seeds 170g tofu 1 cup cooked legumes or beans such as lentils or chickpeas

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/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/day (cafe 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, tahini and hummus, pre-prepared salads, raw or under-cooked eggs, meat, poultry or fish.

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

1. 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, other grains such as semolina and sorghum	
Fruit	All fruit including juices and dried fruit (such as dates, raisins and sultanas)	Avocado
Vegetables	Potato, sweet potato, pumpkin, corn, peas, legumes (beans and chickpeas) and lentils	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 type and amount of these foods needs to be monitored. 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, Somali tea, honey, lollies, cakes, biscuits, chocolate, shushumow, halwa and bur. It is best to limit these foods to avoid high blood glucose levels and for your general health. Small amounts of sugar, (any type) or honey such as 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.

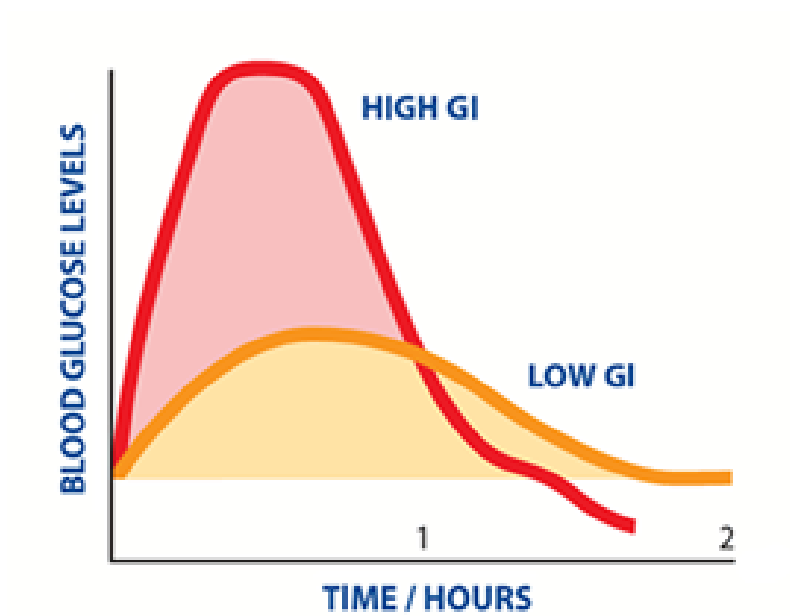
What type of carbohydrate foods should I eat?

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
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Bread and cereals	✓ Wholegrain bread ✓ Wholemeal or wholegrain flatbread ✓ Low GI white bread, sourdough bread ✓ Breads such as anjero, ceesh or pita bread made with wholewheat or wholegrain flour or chickpea flour ✓ Wholegrain cereals ✓ Untoasted muesli ✓ Rolled oats (porridge) ✓ Up & Go	✗ White or wholemeal bread ✗ Flatbread made with white flour ✗ Breads e.g. muufo or sabaayad made with white flour ✗ Cornflakes, Froot Loops ✗ Rice Bubbles, Coco-Pops ✗ Instant oats (porridge)
Rice, Pasta, Noodles and Grains	✓ Long grain rice, such as basmati, doongara, mahatma (white or brown) ✓ SunRice Low GI (white and brown) ✓ Wheat pasta (white and wholemeal) ✓ All noodles ✓ Quinoa ✓ Semolina ✓ Sorghum	✗ Jasmine rice ✗ White or brown short grain rice ✗ Polenta or maize ✗ Millet ✗ Soor
Starchy vegetables	✓ Orange sweet potato, Okinawan sweet potato ✓ Nicola potato ✓ Carisma and baby Carisma potato ✓ Butternut pumpkin ✓ Corn ✓ Legumes such as adzuki beans, kidney beans, chickpeas and lentils	✗ White potato ✗ Purple sweet potato ✗ Pumpkin (varieties other than butternut)
Fruit	✓ Dates ✓ Strawberries and other berries ✓ Apple, pear, banana ✓ Cherries, grapes ✓ Orange, mandarin, kiwifruit ✓ Nectarine, peach, apricot, plum ✓ Grapefruit, mango ✓ Passionfruit, pomegranate, guava ✓ Pineapple ✓ 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 ✓ kefir	✗ 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	✗ Cakes ✗ Rice crackers and rice cakes ✗ White savoury crackers e.g. Savoy, Sao, Salada ✗ Plain sweet biscuits e.g. digestive ✗ Fried pastries such as sambusa, bur ✗ Somali sweets and desserts such as halwa and shushumow

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.

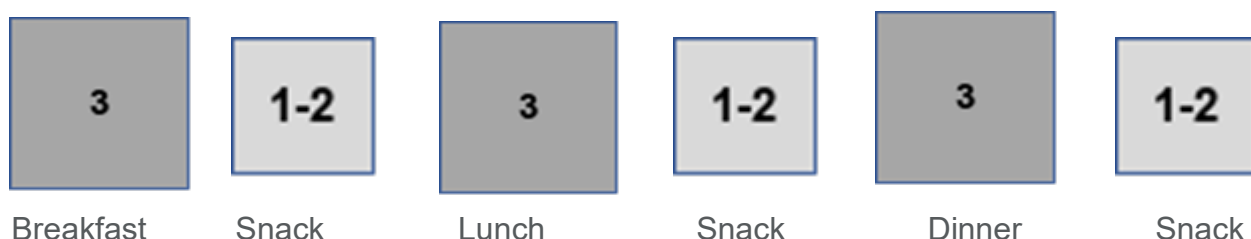
You should not avoid carbohydrates to control blood glucose levels.

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.

Carbohydrate food portions

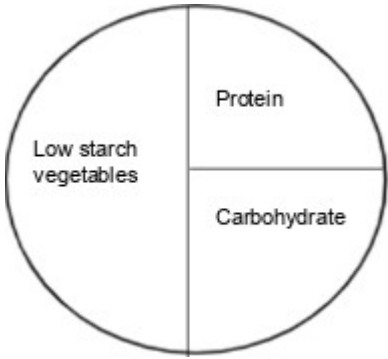
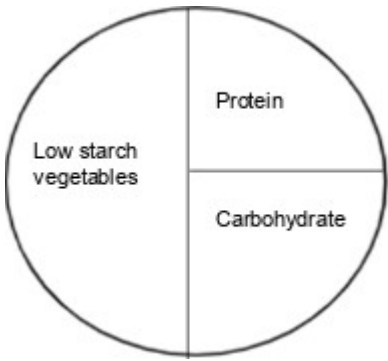
Carbohydrate food	One portion (15g carbohydrate)	
Breads and cereals	1 slice bread	½ muufo
	½ bread roll	¼ cup muesli/raw oats

	1 small dinner roll ½ cup breakfast cereal 1 anjero	½ cup cooked oats 1½ Weet-Bix ½ sabaayad
Rice, pasta, noodles and grains	⅓ cup cooked rice ½ cup cooked noodles ½ cup soor	⅓ cup cooked pasta ⅓ cup cooked semolina or sorghum or quinoa
Starchy vegetables	1 small potato ½ cup sweet potato 1 cup pumpkin ½ cup canned or cooked legumes (red beans or kidney beans, chickpeas)	½ cup corn kernels 1 small corn cob 1 1/2 cups green peas ¾ cup lentils
Fruit	1 medium apple, orange, pear, peach 3 small dates, 1 large medjool date ½ large banana or 1 small banana ½ cup grapes 1½ cups melon or pineapple 1 cup berries or cherries 1 whole pomegranate or grapefruit ½ cup fruit juice 3 medium apricots	2 small mandarins or kiwi fruit ½ mango 250g punnet strawberries 2 medium nectarines or plums ½ cup tinned fruit in juice 1½ tablespoons dried fruit mix 1 tablespoon sultanas 6 dried apricots or prunes
Milk	1 cup (250ml) milk (all types excluding unsweetened almond or soy milk)	
Yogurt	200g plain yoghurt 1 scoop frozen yoghurt 100g fruit yoghurt	400g kefir 2 small scoops ice cream 1/3 cup custard
Biscuits, crackers and extras	2 Ryvita 4 Vita-Weat 10 rice crackers 6 small salada or savoy 1 sambusa	1 bur 3 cups air popped popcorn 1 small muesli bar 3 multigrain corn thins or rice cakes
Flour	2 tablespoons white/wholemeal flour ⅓ cup chickpea 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)	2 anjero (20cm diameter) + 1 egg or oodkac + low starch vegetables	1 cup cooked oats +½ cup milk + ½ cup berries

	+ 1 small banana	
Morning snack (2 portions carbohydrate)	200g tub fruit yoghurt	1 portion fruit + 250ml milk
Lunch (3 portions carbohydrate)  A plate example	Suqaar: Meat or chicken + 1 cup cooked Basmati rice + ½ plate low starch vegetables such as eggplant, carrot, green beans, peas, zucchini, onions, capsicum + Herbs and spices such as coriander, cumin, tumeric	Baasto: Mince and tomato based pasta sauce with herbs and spices + 1 cup cooked pasta + ½ plate salad such as mixed green salad leaves or lettuce, cucumber, tomato, carrot, capsicum
Afternoon snack (2 portions carbohydrate)	4 Vita Weat crackers with 40g cheese	1-2 slices multigrain bread with peanut butter or avocado
Dinner (3 portions carbohydrate)  A plate example	Sandwich (2 slices wholegrain bread with chicken or meat or tuna and salad) + 1 portion fruit	Cambuulo: ⅔ cup cooked sorghum or basmati rice + ½ cup adzuki beans + diced tomatoes with herbs and spices
Evening snack (1 portion carbohydrate)	1 portion fruit + 30g nuts	4 dates +200g natural plain yoghurt

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

What can I drink?

- Drink mainly water, plain mineral water and soda water. Add fresh lemon or lime for flavour.
- Plain milk provides a good source of calcium and protein. Remember that milk contains carbohydrate and needs to be included in your carbohydrate portions.
- Tea, coffee, diet soft drink and diet cordials can be consumed in moderation.

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.