

# Cunto caafimaad leh oo loogu talagalay sonkorowga uurka

## Waa maxay sonkorowga uurka?

Sonkorowga uurka wuxuu yimaadaa xilliyada uurka iyadoo ay u sabab tahay isbeddellada heerarka hoormoonkaaga. Sonkorowga waxa uu ka dhigaa heerka gulukoosta (nooc ka mid ah sonkorta) dhiiga mid aad u sareysa. Gulukoosta marka uu aad u sarreeyo oo uu ka sarreeyo heerka caadiga ah ee dhiigga hadii aad uur leedahay waxay u horseedi kartaa ilmaha dhibaatooyin, sida korriinkooda uu ka weynado sida caadiga ah, dhalmo hore, dhibaatooyin xilliga dhalmada iyo/ama heerarka gulukooska dhiigga oo hoos u dhaca dhalashada ka dib.

## Waa maxay sababta cuntadaadu ay muhiim ugu tahay xanuunka macaanka ee uurka?

Inaad raacdid qorshe cunto oo caafimaad leh ayaa kaa caawin doonta:

- Inaad hesho nafaqo ku filan adiga iyo ilmahaaga koraya
- inaad maareysid heerarka gulukoosta dhiiggaaga
- inaad maareysid korodhka miisaanka inta aad uurka leedahay

## Nafaqo ku filan adiga iyo ilmahaaga

Waa muhiim inaad cuntid noocyo kala duwan oo cunto caafimaad leh si aad u dabooshid baahiyaha nafaqeynta ee adiga iyo ilmahaaga. Talooyinka loogu talagalay haweenka qaba sonkorowga uurka waxay la mid yihiin kuwa dhammaan haweenka uurka leh, kaliya uun waxaa jira tilmaamo dheeraad ah.

## Ku dar cuntooyinka soo socda kuwa aad maalinkasta cuntid

Kooxaha cuntada	Qiyaasta maalin kasta	Tusaalooyinka hal qiyaas	
Furuut	2	1 tufaax dhexdhexaad ah, oranji ama marmar: 1 koob oo la jarjaray/miro qasacadaysan 1 ½ qaado oo sultanas ah 2 khudaar yar yar, plums ½ koob casiir furuut ah	
Khudaar	5	½ koob oo ah khudaar la kariyey ama 1 koob oo khudaar ceeriin/salad ah	
Rooti wholegrain ah iyo cereals	8 ½	1 xabo oo rooti ah ½ duub dhexdhexaad ah ¼ koob muesli ½ rooti fidsan dhexdhexaad ah	½ koob oo boorash la kariyey ⅔ koob oo cereal flakes ah ½ koob bariis la kariyey, baasto, semolina, sorghum, quinoa
Caano, yoogat, farmaajo iyo waxyaabo kale	2 ½	1 koob oo caano ah 2 xabo oo farmaajo ah 200g oo yoogat ah	
Hilibka caatada ah ama beddelkiis	3 ½	65g hilib karsan 80g digaag la kariyey 100g kalluun la kariyey 2 ukun oo waaweyn	170g tofu 30g laws/iniin 1 koob oo digir legumes ah/digir la kariyey sida lentil iyo chickpeas

## Xaddid (wax wax yar cun)

- Kalluunka mercury giisa sarreeya (shark/flake, swordfish, broadbill, marlin) hal mar labadii toddobaad ba adiga oo aan cunayn kalluun kale labadaas toddobaad. Xaddid kalluunka mercury giisa sarreeya (shark/flake, swordfish, broadbill, marlin) hal mar isbuucii adiga oo aan cunayn kalluun kale isbuucaas. Kalluun kasta oo kale ama cunto badeed ayaa la cuni karaa laba ilaa saddex jeer toddobaad kasta.
- Qaxwada ilaa 200mg/maalintii (kafeegu waxa uu leeyahay 90-120mg/koob, shaaha waxa uu leeyahay 10-50mg/koob). Qaxwada iyo shaaha waa in laga fogaadaa labada saac ee ka horeysa baaritaanka heerarka gulukoosta dhiigga.
- Cuntooyinka ay ku badan yihiin dufanka, kuwa sonkorta lagu daray iyo cuntada cusbada lagu daray.

## Iska ilaali (ha cunin)

- Khamriga iyo cuntooyinka khatarta sare leh ee listeria iyo salmonella (bakteeriyada) sida farmaajo cad oo jilicsan, qabow/hilibka macaan, tahini, saladh hore loo sii diyaariyay, ukun cayriin, hilib ama kalluun.

## Maaraynta heerarka gulukoosta dhiiggaaga

Talooyinka soo socda waa tilmaamo kaa caawinaya sidaad ku maareyn lahayd heerarka gulukoosta dhiiggaaga.

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

1. Nooca karbohaydrayt ka
2. Qiyaasta karbohaydrayt ka

## Waa maxay karbohaydraytyadu?

Karbohaydraytku waa:

- sonkorta laga helo cuntooyinka.
- ee burburta kabacdina dhiiga gasha inta dheefshiidku shaqeynayo.
- waxaana laga helaa cuntooyin badan oo caafimaad leh waxayna jidhka siisaa shidaal (tamar), fiber, fiitamiino iyo macdan. Waa muhiim in cuntooyinkan ay qeyb ka ahaadaan cuntadaada.

Kooxaha cuntada	Karbohaydrayt sare	Karbohydrate yar
<b>Rooti wholegrain ah iyo cereal</b>	Rooti, baasto, bariis, baasto nuudhul, quraacda cereal ka, badarka kale sida semolina iyo haruurka (sorghum)	
<b>Furuut</b>	Dhammaan furuut ka oo ay ku jiraan furuut la qalajiyey iyo casiir	Avokado
<b>Khudaar</b>	Baradhada, baradhada macaan, bocorka, galleyda, digirta legumes ka iyo digirta lentils ka	Dhammaan khudaarta kale ee la kariyey iyo saladh
<b>Caano, yoogat, farmaajo iyo waxyaabo kale</b>	Waxyaabaha dairy ga, soy, caanaha boorashka Yoogat	Farmaajo Caano yicib oo aan la macaanayn
<b>Hilibka caatada ah ama beddelkiis</b>	digirta legumes ka ama mida lentils ka	Hilibka, digaaga, kalluunka, ukunta, lawska, iniinaha

Dhir iyo dhir udgoon sida toonta, cumin, xawaashka, karoodhka, xabo, qorfe, faynuus, sinjibiil, lowska, basbaaska, pepper, turmeric, kuma jiraan karbohaydrayt welina waa loo isticmaali karaa dhadhanka 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, nacinac, keega, buskut, shukulaatada, shushumow, xalwa iyo bur. Waxaa fiican in la xaddido cuntooyinkaas. Qiyaas yar oo sonkor ah, sida hal qaado oo cabitaan kulul ah, waa in aanay wax badan 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. Macmacaanka waxaa ka mid ah Aspartame (Equal) (951), Sucralose (Splenda) (955) iyo Stevia (960) waxaana sidoo kale laga helaa alaabada macmacaanka laga sameeyay sida cabitaannada aashitada leh (diet soft drinks). Waxaa la isticmaali karaa qiyaas yar meeshii sonkor laga isticmaali lahaa wax dhibaato ah na kama imaanaayaan hadii la qaato xilliga uurka.

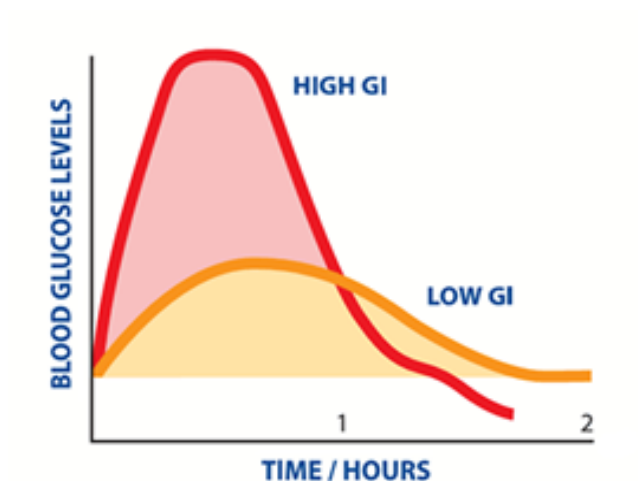
### **Cuntooyinka karbohaydraytada ee aan cuni karo waa kuwee?**

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

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

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

Cunto karbohaydrayt oo GI sare leh waxay si degdeg ah u saamayn doontaa heerka gulukoosta dhiiggaaga



Karbohaydraytyada 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.

Isticmaal shaxda bogga xiga si aad u hesho xulashooyinka GI hooseeya. Haddii aad si joogto ah cunto ugu cunayso tiirka GI-ga sare, waxaad ku beddelan kartaa ikhtiyaarka tiirka GI hooseeya.

Karbohydrate cunto	<input checked="" type="checkbox"/> Cuntooyinka inta ugu yar kor u qaada heerka gulukooska dhiigga (GI ka hooseeya)	<input checked="" type="checkbox"/> Cuntooyinka aad kor ugu qaada heerarka gulukooska dhiigga (GI sare) (GI sare)
<b>Rooti iyo cereals</b>	<ul style="list-style-type: none"> <li>✓ Roodhida badarka wada-jirka ah (wholegrain) oo la jarjaray/duubabka/rooti fidsan</li> <li>✓ Rooti cad oo GI hooseeya, rooti cajiinka</li> <li>✓ Rooti sida. anjero, ceesh/pita rooti lagu sameeyey burka sarreenka ah/burka wholegrain ka ah, bur chickpea</li> <li>✓ All Bran, Guardian, Special K</li> <li>✓ Hi-Bran Weet-Bix</li> <li>✓ Muesli aan la karinin</li> <li>✓ Boorash duuban</li> </ul>	<ul style="list-style-type: none"> <li>X Cad / rooti ah oo rooti fidsan/roodhida fidsan</li> <li>X Rooti tusaale. muufo ama sabaayad lagu sameeyay cad bur</li> <li>X Cornflakes, Froot Loops</li> <li>X Xubbooyinka Bariiska, Coco-pops</li> <li>X Boorash degdeg ah (boorash)</li> </ul>
<b>Bariis, badar baasto iyo baasto noodles</b>	<ul style="list-style-type: none"> <li>✓ Bariiska dheer</li> <li>✓ Bariiska Basmati (caddaan iyo bunni)</li> <li>✓ SunRice GI yar (caddaan iyo bunni)</li> <li>✓ Baastada sarreenka ah (caddaan iyo roodhida buuxa)</li> <li>✓ Dhamaan baasto noodles</li> <li>✓ Quinoa</li> <li>✓ Soor</li> <li>✓ Hadhuudh</li> </ul>	<ul style="list-style-type: none"> <li>X Bariis Jasmine</li> <li>X Bariiska cad ee gaa-gaaban</li> <li>X bariiska kalarka baraawn ka ah ee gaa-gaaban</li> <li>X Polenta/galley</li> <li>X Qamadi masago</li> <li>X Soor</li> </ul>
<b>Starchy khudrada</b>	<ul style="list-style-type: none"> <li>✓ Baradho macaan liin, Okinawan baradho macaan</li> <li>✓ Nicola baradho</li> <li>✓ Carisma iyo Carismada yar baradhada</li> <li>✓ Bocorka Butternut</li> <li>✓ Galey</li> <li>✓ Digirta sida digirta azuki, digirta kelyaha, digirta iyo digirta</li> </ul>	<ul style="list-style-type: none"> <li>X Baradho cad</li> <li>X Bocorka (noocyo aan ahayn subagga)</li> </ul>
<b>Furuut</b>	<ul style="list-style-type: none"> <li>✓ Timir</li> <li>✓ Istaroowbeeri iyo beeri kale</li> <li>✓ Tufaax, pear, moos</li> <li>✓ Cherry, canab</li> <li>✓ Liin bambeelmo, Mandarin, kiwifruit</li> <li>✓ Nectarine, peach, apricot, plum</li> <li>✓ Furuut ka canabka, canbe</li> <li>✓ Passionfruit, rummaan, guava</li> <li>✓ Cananaaska</li> <li>✓ Miro qasacadaysan oo ku jira casiirka dabiiciga ah (ma aha sharaab)</li> </ul>	<ul style="list-style-type: none"> <li>X Rockmelon, qaraha</li> <li>X Miro qasacadaysan (oo sharaab camal ah)</li> </ul> <p>Fiiro gaar ah: Cun wax yar oo khudaar qallalan iyo casiir furuto ah. Furuut fareesh ah ayaa la door bidayaa.</p>
<b>Caanno iyo yoogat</b>	<ul style="list-style-type: none"> <li>✓ caano iyo yoogat</li> <li>✓ Caano soy iyo yoogat</li> <li>✓ Kefir</li> </ul>	<ul style="list-style-type: none"> <li>X caanaha mashaarida iyo bariiska</li> </ul>
<b>Buskut, buskud qalalan iyo waxyaabo dheeraad ah</b>	<ul style="list-style-type: none"> <li>✓ Buskutka la qalajiyay oo wholegrain ah (crackers) sida. Vita-Weat 9 Grain, Ryvita Multigrain</li> <li>✓ Cunto fudud ee Arnott's Buskud saxan maraq/barkin</li> <li>✓ Milo/Ovaltine</li> </ul>	<ul style="list-style-type: none"> <li>X Keega</li> <li>X Buskudka macaan ee cad sida Savoy</li> <li>X Buskud macaan</li> <li>X keega la shiilay sida sambuuska, bur</li> <li>X macmacaanka Somalida sida xalwada iyo shushumow</li> </ul>

## Qiyaas intee la'eg oo karbohaydrayt ayaa loo baahan yahay inaan cuno?

Waa inaad cuntaa karbohaydraytyada wakhti kasta oo cunto ah iyo waqtiyada cuntada fudud. Waa inaad cuntaa saddex waqti oo cuntada aad cunaysana dhexdhexaad tahay iyo saddex cunto fudud (snacks) oo yaryar maalin kasta.

Qiyaasta karbohaydraytyada lagu taliyay ee hoos ku xusan ayaa loo baahan yahay si loo buuxiyo baahida maalinlaha ah marka aad uur leedahay. Qiyaasta karbohaydrayt ka ee cuntada kujirta waxaa loo tiriyaa qaybo karbohaydrayt ah. Cuntooyinka karbohaydraytkoodu sarreeya oo keliya ayaa loo tiriyaa si qaybo-qaybo ah.

- **Isku day inaad cuntid saddex qaybood oo karbohaydrayt ah (45g) cunto kasta oo muhiim ah iyo hal ilaa laba qaybood oo karbohaydrayt ah (15-30g) cunto fudud kasta.**

Adoo isticmaalaaya koob wax lagu cabbiro (250ml) si aad ugu shubatid cuntooyinka karbohaydraytyadu waxay kaa caawin kartaa inaad si sax ah u tiriso qaybaha karbohaydraytyadaada.

Tusaale ahaan hal koob oo bariis/baasto la kariyey = saddex qaybood oo karbohaydrayt ah.

Cunnada karbohaydraytka	Hal qayb (15g karbohaydrayt)	
<b>Rooti iyo cereals</b>	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
<b>Bariis, baasto iyo badar</b>	⅓ koob bariis la kariyey ½ koob baasto noodle la kariyey ½ koob soor	⅓ koob baasto la kariyey ⅓ koob semolina/masago/quinoa la kariyey
<b>Khudaarta istaarijka</b>	Baradho cad 1 baradho yar 1 koob bocor ½ koob qasacadaysan/la kariyey oo legumes ah (digirta cas/digirta kelyaha, chickpeas)	½ koob oo galley ah 1 galley yar ¾ koob lentil
<b>Furuut</b>	1 tufaax dhexdhexaad ah, oranje, pear, miro guduud 4 timir ½ moos weyn 1 moos yar ½ koob oo canab ah 1½ koob oo qaraha / cananaaska 1 koob oo berry/cherries ah 1 rummaan (pomegranate) ½ koob oo casiir furuut ah	3 apricot waaweyn ah 2 yar oo mandarin/kiwi ah ½ canbe 1 canab dhannaan ah (whole grapefruit) 25 strawberries yar yar 8 strawberries oo aad u weyn 2 nectarines dhexdhexaad ah / plums ½ koob khudaar qasacadaysan oo casiir ah ½ koob khudaar qasacadaysan oo casiir ah 1 qaado oo sabiib ah 6 prunes/apricots oo la qalajiyey
<b>Caano</b>	1 koob (250ml) caano (dhammaan noocyada)	
<b>Yoogat</b>	200g oo yoogat cad ah (had iyo jeer iska hubi calaamadaha yogurta maxaa yeelay waxa ku jira karbohaydraytku way kala duwanaan karaan)	100g oo yoogat furuut ah 400g efir
<b>Buskut, buskud qalalan iyo waxyaabo dheeraad ah</b>	2 Ryvita 4 Vita-Weat 1 sambuus 1 bur	2 Buskudka Arnott's Snack Right 3 koob oo air popped popcorn ah
<b>Bur</b>	2 qaado oo bur ah oo cad / burka wholemeal ka ah ½ koob oo chickpea bur ah	

<b>Tusaalaha qorshayaasha cuntada</b>		
	<b>Doorashada 1</b>	<b>Doorashada 2</b>
<b>Quraac</b> (3 qaybood oo karbohaydrayt ah)	2 anjero (dhexroor 20cm) + 1 ukun ama oodkac + khudaar aan sokor lahayn (non-starchy vegetables) + 1 muus yar	1 koob oo mashaari la kariyey + ½ koob caano ah + ½ koob oo berry ah
<b>Cunto fudud oo subaxdii ah</b> (2 qaybood oo karbohaydrayt ah)	200g oo yoogat furuut ah	1 qayb furuut ah + 250ml caano
<b>Qado</b> (3 qaybood oo karbohaydrayt ah)	Suqaar Hilib/digaag + 1 koob oo bariiska Basmati la kariyay ah + ½ saxan khudaar aan sokor lahayn sida eggplant, karootada, digirta cagaaran, digir, zucchini, basasha, kabsicum + Dhir iyo dhir udgoon sida koriyander, cumin, tumeric	Baasto: Suugada baastadaee ka samaysan iyo yaanyo iyo hilib shiidan leh dhir iyo dhir udgoon + 1 koob oo baasto la kariyey + ½ saxan salad ah sida caleen/salaadh cagaaran oo isku qasan, qajaar, yaanyo, karooto, kabsikum
<b>Cunto fudud oo galabtii ah</b> (1-2 qaybood oo karbohaydrayt ah)	4 Vita Weat buskud ah oo leh 40g farmaajo	1 ilaa 2 jeex multigrain rooti ah oo leh peanut butter iyo avokado
<b>Casho</b> (3 qaybood oo karbohaydrayt ah)	Sandwich (2 xabbo oo rooti ah oo rooti ah oo dhan ah oo leh digaag/hilib/tuna kalluun iyo saladh) + 1 qayb oo furuut ah	Cambuulo: ⅔ koob hadhuudh la kariyey ama bariiska basmati + ½ koob oo digir ah adzuki + dyaanyo baraf leh dhir iyo dhir udgoon
<b>Cunto fudud oo fiidkii ah</b> (1 qayb karbohaydrayt ah)	1 qayb oo furuut ah + 30g nuts	4 xabo oo timir ah +200g yoogat dabiici ah oo cad

Waxba ha cunin labada saacadood ee u dhexeeya 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 karbohaydraytyadaada.
- 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.

- Khudaar aan sokor lahayn ama salad (tixraac shaxda bogga labaad)
- Hilibka, digaaga, kalluunka, ukunta, lawska cad, iniinaha
- Farmaajo
- Avokado

## 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 ka fogaan karbohaydraytyada sababtoo ah xaddidaadda cuntada ee daran waxay keeni kartaa khatar sii kordheysa oo dhibaatooyinka uurka ah. Haweenka qaarkood waxay u baahan yihiin caawimo dheeraad ah si ay u maareeyaan heerarka gulukooska dhiiggooda waxaana laga yaabaa inay u baahdaan insulin. Fadlan la xidhiidh barayaasha Mercy diabetes haddii heerka gulukoosta dhiigaagu uu sarreeyo.

## Uurkaaga kadib

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

Heerarka gulukoosta dhiigaaga ayaa caadi ku soo noqon doona dhalashada ilmahaaga ka dib. 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 kara khatartan.



### Macluumaad Dheeraad ah

Haddii aad wax su'aalo ah ka qabtid macluumaadkan, fadlan la xiriir:

#### Cunto yaqaan (Dietitian)

#### Isbitaalka Mercy ee Haweenka

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Dukumeentigani waxa uu bixiyaa macluumaad guud oo keliya oo looguma talogelin in lagu beddelo talada ku saabsan caafimaadkaaga ee takhtar aqoon u leh. Haddii aad ka welwelsan tahay caafimaadkaaga, waa inaad talo ka raadsataa dhakhtar aqoon u leh.

## SOMALI – Healthy eating for gestational diabetes

# 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. Diabetes makes 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?

Following a healthy eating plan will help you to:

- provide adequate nutrition for you and your growing baby
- manage your blood glucose levels
- manage weight gain during your pregnancy

### 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.

### Include the following foods in your diet each day

Food groups	Serves each day	Examples of one serve
Fruit	2	1 medium apple, orange 1 cup diced/canned fruit 2 small apricots , plums or only occasionally: 1 ½ tablespoons sultanas ½ cup fruit juice
Vegetables	5	½ cup cooked or 1 cup raw/salad vegetables
Wholegrain breads and cereals	8 ½	1 slice bread ½ medium roll ¼ cup muesli ½ medium flatbread ½ cup cooked porridge ⅔ cup cereal flakes ½ cup cooked rice, pasta, semolina, sorghum, quinoa
Milk, yoghurt, cheese and alternatives	2 ½	1 cup milk 2 slices cheese 200g yoghurt
Lean meat or alternatives	3 ½	65g cooked meat 80g cooked chicken 100g cooked fish 2 large eggs 170g tofu 30g nuts/seeds 1 cup cooked legumes/beans such as lentils and chickpeas



### Limit (eat in small amounts):

- High mercury fish (shark/flake, swordfish, broadbill, marlin) to one serve in two weeks with no other fish that fortnight. Limit moderate mercury fish (orange roughy, catfish) to one serve per week with no other fish that week. Any other fish or seafood can be eaten two to three times each week.
- Caffeine to 200mg/day (café coffee has 90-120mg/cup, tea has 10-50mg/cup). Coffee and tea should be avoided in the two hour period before testing blood glucose levels.
- Foods that are high in saturated fat, added sugars and added salt.

### Avoid (don't eat):

- Alcohol and high risk listeria and salmonella (bacteria) foods such as soft white cheeses, cold/deli meats, tahini, pre-prepared salads, raw eggs, meat or fish.

### Managing your blood glucose levels

The following recommendations are guidelines to help manage your blood glucose levels.

There are two key factors to consider when managing your diabetes with diet:

1. Type of carbohydrate
2. Amount of carbohydrate

### What are carbohydrates?

Carbohydrates are:

- starches and sugars found in foods.
- broken down to glucose during digestion.
- found in many healthy foods and provide the body with fuel (energy), fibre, vitamins and minerals. It is important to include these foods in your diet.

Food group	High carbohydrate	Low carbohydrate
<b>Wholegrain breads and cereals</b>	Bread, pasta, rice, noodles, breakfast cereals, other grains such as semolina and sorghum	
<b>Fruit</b>	All fruit including dried fruit and juices	Avocado
<b>Vegetables</b>	Potato, sweet potato, pumpkin, corn, legumes and lentils	All other cooked and salad vegetables
<b>Milk, yoghurt, cheese and alternatives</b>	Dairy, soy, oat milks Yoghurt	Cheese Unsweetened almond milk
<b>Lean meats or alternatives</b>	Legumes and lentils	Meat, chicken, fish, eggs, tofu, nuts and seeds

Herbs and spices such as garlic, cumin, coriander, cardamom, cloves, cinnamon, fenugreek, ginger, nutmeg, chilli, pepper, turmeric, 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. Small amounts of sugar, such as one teaspoon in a hot drink, should not increase blood glucose levels much.

## Artificial sweeteners

Artificial sweeteners contain either little or no carbohydrate. Sweeteners include Aspartame (Equal) (951), Sucralose (Splenda) (955) and Stevia (960) and are also found in artificially sweetened products such as diet soft drinks. They can be used in small amounts instead of sugar and are safe to have during pregnancy.

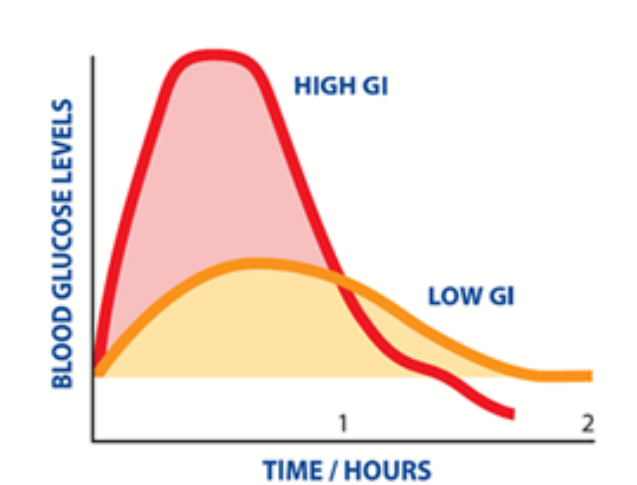
## What type of carbohydrate foods should I eat?

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

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

A higher GI carbohydrate food will affect 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.

Use the table on the next page to find low GI options. If you are frequently eating foods in the higher GI column, you can make a swap to an option in the low GI column.

Carbohydrate food	<input checked="" type="checkbox"/> Foods that raise blood glucose levels least (lower GI)	<input checked="" type="checkbox"/> Foods that raise blood glucose levels most (higher GI)
<b>Bread and cereals</b>	<ul style="list-style-type: none"> <li>✓ Wholegrain bread slices/rolls/flatbread</li> <li>✓ Low GI white bread, sourdough bread</li> <li>✓ Breads such as anjero, ceesh/pita bread made with wholewheat/wholegrain flour, chickpea flour</li> <li>✓ All Bran, Guardian, Special K</li> <li>✓ Hi-Bran Weet-Bix</li> <li>✓ Untoasted muesli</li> <li>✓ Rolled oats (porridge)</li> </ul>	<ul style="list-style-type: none"> <li>X White/wholemeal bread slices/rolls/flatbread</li> <li>X Breads e.g. muufo or sabaayad made with white flour</li> <li>X Cornflakes, Froot Loops</li> <li>X Rice Bubbles, Coco-Pops</li> <li>X Instant oats (porridge)</li> </ul>
<b>Rice, grains pasta and noodles</b>	<ul style="list-style-type: none"> <li>✓ Long grain rice</li> <li>✓ Basmati rice (white and brown)</li> <li>✓ SunRice Low GI (white and brown)</li> <li>✓ Wheat pasta (white and wholemeal)</li> <li>✓ All noodles</li> <li>✓ Quinoa</li> <li>✓ Semolina</li> <li>✓ Sorghum</li> </ul>	<ul style="list-style-type: none"> <li>X Jasmine rice</li> <li>X White short grain rice</li> <li>X Brown short grain rice</li> <li>X Polenta/maize</li> <li>X Millet</li> <li>X Soor</li> </ul>
<b>Starchy vegetables</b>	<ul style="list-style-type: none"> <li>✓ Orange sweet potato, Okinawan sweet potato</li> <li>✓ Nicola potato</li> <li>✓ Carisma and baby Carisma potato</li> <li>✓ Butternut pumpkin</li> <li>✓ Corn</li> <li>✓ Legumes such as adzuki beans, kidney beans, chickpeas and lentils</li> </ul>	<ul style="list-style-type: none"> <li>X White potato</li> <li>X Pumpkin (varieties other than butternut)</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>✓ Dates</li> <li>✓ Strawberries and other berries</li> <li>✓ Apple, pear, banana</li> <li>✓ Cherries, grapes</li> <li>✓ Orange, mandarin, kiwifruit</li> <li>✓ Nectarine, peach, apricot, plum</li> <li>✓ Grapefruit, mango</li> <li>✓ Passionfruit, pomegranate, guava</li> <li>✓ Pineapple</li> <li>✓ Tinned fruit in natural juice (not syrup)</li> </ul>	<ul style="list-style-type: none"> <li>X Rockmelon, watermelon</li> <li>X Tinned fruit (in syrup)</li> </ul> <p>Note: Consume only small amounts of dried fruit and fruit juice. Fresh fruit is preferable.</p>
<b>Milk and yoghurt</b>	<ul style="list-style-type: none"> <li>✓ Dairy milk and yoghurt</li> <li>✓ Soy milk and yoghurt</li> <li>✓ Kefir</li> </ul>	<ul style="list-style-type: none"> <li>X Oat and rice milk</li> </ul>
<b>Biscuits, crackers and extras</b>	<ul style="list-style-type: none"> <li>✓ Wholegrain crackers such as. Vita-Weat 9 Grain, Ryvita Multigrain</li> <li>✓ Arnott's Snack Right biscuits fruit slice/pillow</li> <li>✓ Milo/Ovaltine</li> </ul>	<ul style="list-style-type: none"> <li>X Cakes</li> <li>X White savoury crackers such as Savoy</li> <li>X Sweet biscuits</li> <li>X Fried pastries such as sambusa, bur</li> <li>X Somali sweets and desserts such as halwa and shushumow</li> </ul>

## What amount of carbohydrate should I eat?

You should eat carbohydrates at each meal and snack. You should eat three moderately sized meals and three small snacks each day.

The amount of carbohydrates recommended below is needed to meet your daily requirements in pregnancy. The amount of carbohydrate in food is counted in carbohydrate portions. Only high carbohydrate foods are counted in portions.

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

Using a measuring cup (250ml) to serve your carbohydrate foods can help you count your carbohydrate portions correctly.

For example one cup cooked rice/pasta = three carbohydrate portions.

Carbohydrate food	One portion (15g carbohydrate)	
<b>Breads and cereals</b>	1 slice bread ½ bread roll 1 small dinner roll ½ cup breakfast cereal 1 anjero ½ muufo	¼ cup muesli/raw oats ½ cup cooked oats 1½ Weet-Bix ½ sabaayad
<b>Rice, pasta and grains</b>	⅓ cup cooked rice ½ cup cooked noodles ½ cup soor	⅓ cup cooked pasta ⅓ cup cooked semolina/sorghum/quinoa
<b>Starchy vegetables</b>	1 small potato ½ cup sweet potato 1 cup pumpkin ½ cup canned/cooked legumes (red beans/kidney beans, chickpeas)	½ cup corn kernels 1 small corn cob ¾ cup lentils
<b>Fruit</b>	1 medium apple, orange, pear, peach 4 dates ½ large banana 1 small banana ½ cup grapes 1½ cups melon/pineapple 1 cup berries/cherries 1 whole pomegranate ½ cup fruit juice	3 large apricots 2 small mandarins/kiwi fruit ½ mango 1 whole grapefruit 25 small strawberries 8 extra-large strawberries 2 medium nectarines/plums ½ cup tinned fruit in juice 1½ tablespoons dried fruit mix 1 tablespoon sultanas 6 dried apricots/prunes
<b>Milk</b>	1 cup (250ml) milk (all types)	
<b>Yoghurt</b>	200g plain yoghurt (always check yoghurt labels as the carbohydrate content may vary)	100g fruit yoghurt 400g kefir
<b>Biscuits, crackers and extras</b>	2 Ryvita 4 Vita-Weat 1 sambusa 1 bur	2 Arnott's Snack Right biscuits 3 cups air popped popcorn
<b>Flour</b>	2 tablespoons white/wholemeal flour ⅓ cup chickpea flour	

<b>Sample meal plans</b>		
	<b>Option 1</b>	<b>Option 2</b>
<b>Breakfast</b> (3 portions carbohydrate)	2 anjero (20cm diameter) + 1 egg or oodkac + non-starchy vegetables + 1 small banana	1 cup cooked oats + ½ cup milk + ½ cup berries
<b>Morning snack</b> (2 portions carbohydrate)	200g tub fruit yoghurt	1 portion fruit + 250ml milk
<b>Lunch</b> (3 portions carbohydrate)	<b>Suqaar:</b> Meat/chicken + 1 cup cooked Basmati rice + ½ plate non-starchy vegetables such as eggplant, carrot, green beans, peas, zucchini, onions, capsicum + Herbs and spices such as coriander, cumin, tumeric	<b>Baasto:</b> Mince and tomato based pasta sauce with herbs and spices + 1 cup cooked pasta + ½ plate salad such as mixed green salad leaves/lettuce, cucumber, tomato, carrot, capsicum
<b>Afternoon snack</b> (1-2 portions carbohydrate)	4 Vita Weat crackers with 40g cheese	1-2 slices multigrain bread with peanut butter or avocado
<b>Dinner</b> (3 portions carbohydrate)	Sandwich (2 slices wholegrain bread with chicken/meat/tuna and salad) + 1 portion fruit	<b>Cambuulo:</b> ⅔ cup cooked sorghum or basmati rice + ½ cup adzuki beans + diced tomatoes with herbs and spices
<b>Evening snack</b> (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.

- Non starchy vegetables or salad (refer to the table on page two)
- Meat, chicken, fish, eggs, plain nuts, seeds
- Cheese
- Avocado

## What if my blood sugars are still high?

In some instances 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 as severe dietary restriction may result in an increased risk of pregnancy complications. Some women need extra help to manage their blood glucose levels and may require insulin. Please contact the Mercy diabetes educators if your blood glucose levels are high.

## 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.



### Further Information

If you have any questions regarding this information, please contact:

#### Dietitian

#### Mercy Hospital for Women

Phone: 03 8458 4165

#### Werribee Mercy Hospital

Phone: 03 8754 3150

### Acknowledgements

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This document provides general information only and is not intended to replace advice about your health from a qualified practitioner. If you are concerned about your health, you should seek advice from a qualified practitioner.