

Gestational diabetes

Other formats

How do I keep my blood glucose levels under target?

This is different for each individual. Try the different ideas below to see what works for you.

Foods that will raise your blood glucose (sugar) level are:

- x Sugars –table sugar, syrups, added to foods such as cakes, biscuits and sweets, etc.
- x Starchy foods – bread, rice, pasta, potato, cereal, crackers, oats, etc.
- x Sugars in fruit
- x Sugars in milk products (excluding high fat types like butter, cheese and cream)

Sugars raise your blood glucose level quickly, starchy foods, fruit and milk not as quickly. Fruit juice is an exception; it will increase your level quickly as the fibre has been removed.

Your blood glucose will rise depending on how much of the above you eat. If you eat multiple carbohydrate sources within one meal you are more likely to eat more carbohydrates in total at that time. This can result in a high blood glucose reading 1 hour after your meal.

Cut out or minimise sugar

Cut out sugar completely or switch to artificial sweeteners such as Splenda, Sweetex, Canderel, etc. They do not contain any or many calories (kcal) and they won't increase your blood sugars.

Fist sized carbohydrate portions

Keep carbohydrate foods (e.g. bread, pasta, rice, cereal, potato, etc.) to fist size portions at each meal. If you have more than one carbohydrate still keep to a fist size portion in total.

Useful contacts

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Useful websites

www.diabetes.org.uk

[NHS Eatwell Guide](#)

www.bda.uk.com

www.unicef.org.uk/babyfriendly

www.nhs.uk/conditions/gestational-diabetes

PALS

The Patient Advice and Liaison Service (

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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