

Diabetes during Pregnancy

Women who have never been diagnosed with diabetes prior to becoming pregnant are said to have **gestational diabetes**. Although the exact cause is unknown, the issue may not persist after the pregnancy is over. For those women who were diagnosed with diabetes prior to becoming pregnant, consuming adequate amounts of nutrition may prove to be difficult.

Treating diabetes during pregnancy can decrease maternal hypertensive disorders, large for gestational age infants, birth injuries, and high blood sugar in infants.

Food choices should be nutrient dense to ensure appropriate consumption of carbohydrates to manage blood sugar levels. Energy dense foods that do not consist of many nutrients may lead to higher sugar levels and decreased overall health.

Key Concepts

To help control blood sugar and maintain health throughout the pregnancy, women should strive to eat **3 meals** and **2 to 3 small snacks** per day. Simple sugars should be avoided and fiber and complex carbohydrates should be emphasized. An increased amount of protein will help control the proportion of carbohydrates in the diet.

