



Kupu Ola (*To Grow in Health*)

Your Kaiser Permanente Care Instructions

Diabetes in Pregnancy Program

Hawaii Region

WELCOME

Congratulations on your pregnancy! This is an exciting time for you and your family. However, adding diabetes management to your daily self-care routine can be overwhelming. What you need to know is you are not alone. We are here to help you and your baby stay healthy until your baby is born.

This booklet will help you get started in learning about diabetes management during your pregnancy. The Kupu Ola team members will be in close contact with you and provide you education, coaching, and support. Your success in delivering a healthy baby is dependent on your active participation and partnership with your health care team.

Let's get started.

IMPORTANT PHONE NUMBERS

- **OB Specialties**
Moanalua Medical Center
808-432-7404
Monday through Friday, from
8:30 a.m. to 5 p.m.
- **Labor & Delivery**
Moanalua Medical Center
808-432-8551
For advice after 5 p.m.
- **Neighbor Islands**
808-432-7700



KUPU OLA PROGRAM

Kupu Ola “To Grow in Health” Diabetes in Pregnancy Program, Hawaii Region



Maternal Fetal Medicine Lower Level

Moanalua Medical Center
3288 Moanalua Road
Honolulu, HI 96819

Monday to Friday, 8:30 a.m. to 5 p.m. 808-432-7404
After Hours (Labor & Delivery) 808-432-8550

Blood sugar testing

Test blood sugars before breakfast and one hour after the start of each meal. You may be asked to test more frequently.

Blood sugar goals

- | | |
|--|-------------|
| <input type="checkbox"/> Before breakfast (fasting) | 95 or below |
| <input type="checkbox"/> 1 hour after the start of meals | Below 140 |
| <input type="checkbox"/> Before lunch and dinner | Below 105 |
| <input type="checkbox"/> Bedtime (before snack) | 70-120 |
| <input type="checkbox"/> 2 a.m.* | 70-140 |

*Check once a week if on insulin

Report blood sugars every Monday

Choose the option that works best for you!

- Email: Go to kp.org/myhealthmanager
- Phone: 808-432-7404
- Fax: 808-432-7104

Please include the following:

- Blood sugar result
- Food diary (especially if your blood sugar is above 140 after meals)
- Current insulin dose (if applicable)
- Exercise log
- Kick counts

 KAISER PERMANENTE®

GESTATIONAL DIABETES

INFORMATION FOR THE EXPECTANT MOTHER

What is Gestational Diabetes? (GDM)

Gestational Diabetes means that you develop diabetes when you are pregnant. You can have gestational diabetes without knowing it. This is why Kaiser Permanente tests all women for high blood sugar or diabetes during their pregnancy.

When should you test for GDM?

- If you are at high risk of developing GDM you should be tested at 12 weeks
- If you are NOT at high risk, get tested at about 24 weeks.

What causes GDM?

The foods you eat along with pregnancy hormones can cause your blood sugar to be too high. Normally, the body changes food into glucose. Insulin (a hormone that the body produces) helps to turn glucose into energy. When you have diabetes, your body:

1. Does not make enough insulin *or*
2. Is not able to use insulin correctly

As a result, you have more sugar (glucose) in your blood than your body needs or uses, making your blood sugar too high.



Risks to you and your baby

When you have gestational diabetes, **the blood sugar that you do not use goes to your baby.** Extra sugar in your blood could mean the following for you and for your baby:

YOU

- More likely to develop “preeclampsia” or high blood pressure, which is dangerous to your health
- More likely to have bladder, kidney, and vaginal infections
- Carrying a large baby
- Delivering a large baby
- Having vaginal (birth canal) injuries during delivery
- A cesarean section (C-section) may become necessary resulting in a longer, more painful recovery period

BABY

- Might have to be born early – may suffer respiratory distress syndrome (RDS) because their lungs may not work well
- Large baby - extra sugar from you is stored as fat on baby
- Birth injuries during delivery due to size
 - Baby’s arm or shoulder could be broken
 - Baby could have nerve damage to his or her face and arms
- At risk for having a fast drop in blood sugar after birth requiring special monitoring in the nursery

CONTROLLING YOUR BLOOD SUGAR

How to check your blood sugar

A glucometer is a hand-held device used for checking blood sugar levels. A clinician will help you learn how to use this device. Changes to diet or activity and medication may be recommended to help keep your blood sugar in a healthy range.

Check your blood sugar four times a day:

- Before you eat anything in the morning (“fasting blood sugar”)
- One hour after you start eating breakfast
- One hour after you start eating lunch and
- One hour after you start eating dinner

Blood Sugar Targets

- Fasting blood sugar
95 or below
- One hour after eating
Below 140

Controlling your blood sugar

To control your blood sugar, eat healthy portions of the right foods. Controlling carbohydrate intake is important because carbohydrates turn into blood glucose when digested. Carbohydrates include milk, yogurt, fruit, and starchy foods such as rice, noodles, grains, beans, potatoes, sweets, and added sugars.

Follow these recommendations:

- **Eat three meals a day and 2-3 snacks:** Do not skip meals. Eating smaller meals more often during the day helps keep blood sugar in control. On the other hand, eating too much at one time can cause the blood sugar to rise too much.
- **Control your portions of starch:** Do not eat large portions of carbohydrates. Carbohydrates (starchy foods) eventually turn into glucose. Eat about one cup of total starch or two slices of bread at each meal.
- **Choose high fiber foods** to help slow the rate at which your blood sugar rises. This can also help you avoid problems with constipation. Include whole grains, vegetables, green salads, and fresh fruits in your diet every day.
- **Limit milk intake:** Milk is a liquid form of carbohydrate. If you drink too much at once, it can raise the blood sugar. Limit milk to 8 ounces per serving and do not include milk with breakfast. If you drink dairy milk, choose low fat or fat free. If you drink plant based milk (i.e. soy or almond), choose unsweetened.
- **Strictly limit sweets and desserts:** Cakes, cookies, candies, and pastries usually have too much carbohydrate.
- **Limit fruits:** Eat 2-3 servings of fruit a day, but only one serving at a time (one very small fruit the size of a tennis ball or ½ of a large fruit). Avoid fruit at breakfast or as a bedtime snack. Make sure they are not canned in syrup or contain added sugar.
- **Eat protein and whole-grain food for breakfast:** It is best to have whole-grain starch plus protein, such as toast and an egg for breakfast. Blood sugar can be hard to control in the mornings because of normal changes in hormone levels. Cold breakfast cereals, fruits, and even milk can cause high blood sugar when consumed for breakfast.

CONTROLLING YOUR BLOOD SUGAR

- **Avoid all soda, juices, and sweetened beverages.** These are concentrated sources of carbohydrates. They can raise blood sugar too quickly.
- **Fats:** Choose healthy fats like avocado, peanut butter, olives, seeds, and nuts in small amounts. Limit saturated (animal) fats and trans (hydrogenated) fats.
- **Limit or do not use artificial sweeteners and foods labeled “sugar-free”:** Foods labeled as “sugar-free” may still have carbohydrates. Look at the grams of carbohydrate on the nutrition facts label to see if the food fits in your meal plan.

Use the sample menus below as a guideline.

Sample Menu Pattern # 1 (Semi-vegetarian)

Morning Meal:

½ cup cooked oatmeal
2-3 Tbsp. almond slivers
2 tsp. cinnamon
Hot beverage (no sugar)

Morning Snack:

1 cup low-fat or nonfat milk
1 granola bar

Noon Meal:

2 slices wheat bread
2 Tbsp. unsweetened peanut butter
½ small banana
1 cup leafy green vegetables
1 cup low-fat or nonfat milk

Afternoon Snack:

6 crackers
1 boiled egg
½ cup fresh fruit

Evening Meal:

2 cups non-starchy vegetables
Fist-size garbanzo beans
Salad dressing
1 apple banana
Beverage (no sugar)

Evening Snack:

6 oz. plain or light yogurt

Sample Menu Pattern # 2

Morning Meal:

2 slices wheat bread and avocado
1 scrambled egg or tofu scramble
Hot beverage (no sugar)

Morning Snack:

1 cup plain or light yogurt
½ cup strawberries

Noon Meal:

1 cup cooked wheat pasta
Marinara sauce with lean ground beef
Green salad and asparagus
½ cup fresh fruit (unsweetened)
Beverage (no sugar)

Afternoon Snack:

6 whole grain crackers
¼ cup hummus dip or bean dip
½ cup or more raw vegetables

Evening Meal:

Fist-size baked potato
Palm-size grilled salmon
1 cup broccoli
1 cup low-fat or nonfat milk

Evening Snack:

1 cup low-fat or nonfat milk
3 cups lite popcorn

CONTROLLING YOUR BLOOD SUGAR

Exercise daily

Exercise can:

- Help to control your blood sugar levels
- Help to control weight
- Improve mood

If you have been physically active before your pregnancy, you may be able to continue with an exercise program. If you were not exercising before your pregnancy, you may be able to start an exercise program such as walking or swimming. Try to get 30-60 minutes of exercise daily. Contact your doctor to see if exercise is safe for you.



How to Inject Insulin

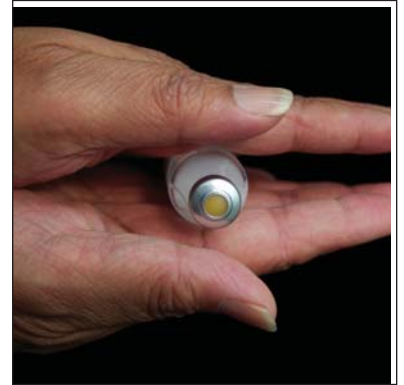
Your provider may prescribe insulin for you to take to help control your blood sugar.



1. Get together your insulin, insulin syringe, and alcohol swab.



2. Wash hands with soap and water.



3. Turn the bottle on its side and gently roll 24 times between hands until insulin is cloudy.



4. Clean the top of the bottle with an alcohol swab.



5. Draw air into the syringe, the same amount as the insulin you are to take.



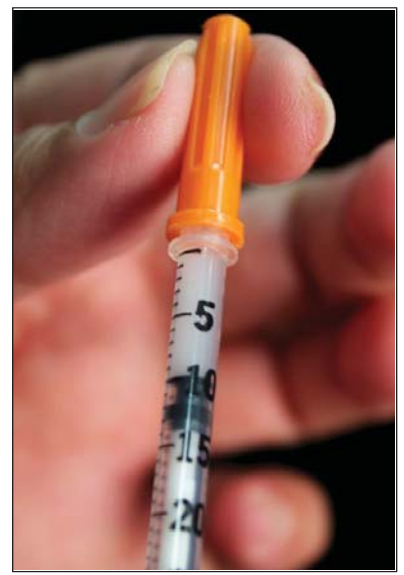
6. Put the needle through the rubber top. Push the plunger down to inject air into the bottle.



7. Turn the bottle upside down and pull the plunger down to fill the syringe. Line up the top of the plunger with your dosage number.



8. Check for large air bubbles in syringe. If present, forcefully push all of the insulin back into the bottle. Withdraw exact dosage again.



9. Take the needle out of the bottle. Cover the needle with a cap and set down.

How to Inject Insulin (continued)



10. Choose injection site. Clean skin with an alcohol swab and allow to dry. Pick up syringe and take the cap off the needle. Gently pinch up a large mound of skin.



11. Hold the syringe firmly like a dart. Quickly insert the entire needle straight into the skin using a 90 degree angle. Push the plunger down slow and steady to inject the insulin.



12. Take out the needle and cover the injection site with the alcohol swab. Press gently for a few seconds.



13. Dispose the needle and syringe in a Kaiser Permanente needle container. Never reuse a syringe.

Notes:

Name of Insulin(s):

Current dosage:

Peak action and duration:

Store all insulin in refrigerator, good for only 30 days once opened.

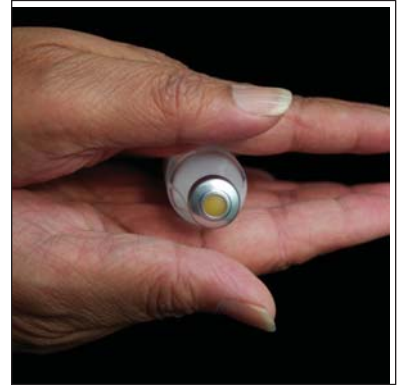
How to Mix Two Insulins in a Syringe



1. Get together your insulin, insulin syringe, and alcohol swab.



2. Wash hands with soap and water.



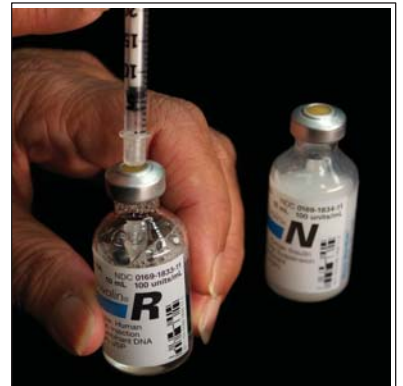
3. Turn the bottle on its side and gently roll 24 times between hands until insulin is cloudy.



4. Wipe the tops of both bottles of insulin.



5. Put: _____ units of air into bottle of N (cloudy) insulin and TAKE THE NEEDLE OUT.



6. Put _____ units of air into the bottle of _____ (clear) insulin and withdraw _____ units into syringe and TAKE THE NEEDLE OUT.



7. Now, put the needle back in the N (cloudy) insulin. Turn the bottle upside down and pull the plunger down slowly. Stop when you reach a total of _____ units. TAKE THE NEEDLE OUT and cover it with the cap.

Important

- **Never** push the plunger up as this will push the clear insulin into the bottle of the cloudy insulin.
- If you happen to go past your dose of 1 or 2 units, take the needle out of the bottle and carefully throw away the 1 or 2 extra units into the sink.

How to Mix Two Insulins in a Syringe (continued)



8. Choose injection site. Clean skin with an alcohol swab and allow to dry. Pick up syringe and take the cap off the needle. Gently pinch up a large mound of skin.



9. Hold the syringe firmly like a dart. Quickly insert the entire needle straight into the skin using a 90 degree angle. Push the plunger down slow and steady to inject the insulin.



10. Take out the needle and cover the injection site with the alcohol swab. Press gently for a few seconds.



11. Dispose the needle and syringe in a Kaiser Permanente needle container. Never reuse a syringe.

Notes:

Name of Insulin(s):

Current dosage:

Peak action and duration:

Store all insulin in refrigerator, good for only 30 days once opened.

	AM Units	PM Units
Clear Insulin (NovoLog® or R)		
Cloudy Insulin (N)		
Total units in syringe		

Where to inject your insulin

Insulin is injected into the fatty areas on the body, away from bones, large blood vessels and nerves. These areas are divided into injection “sites.”

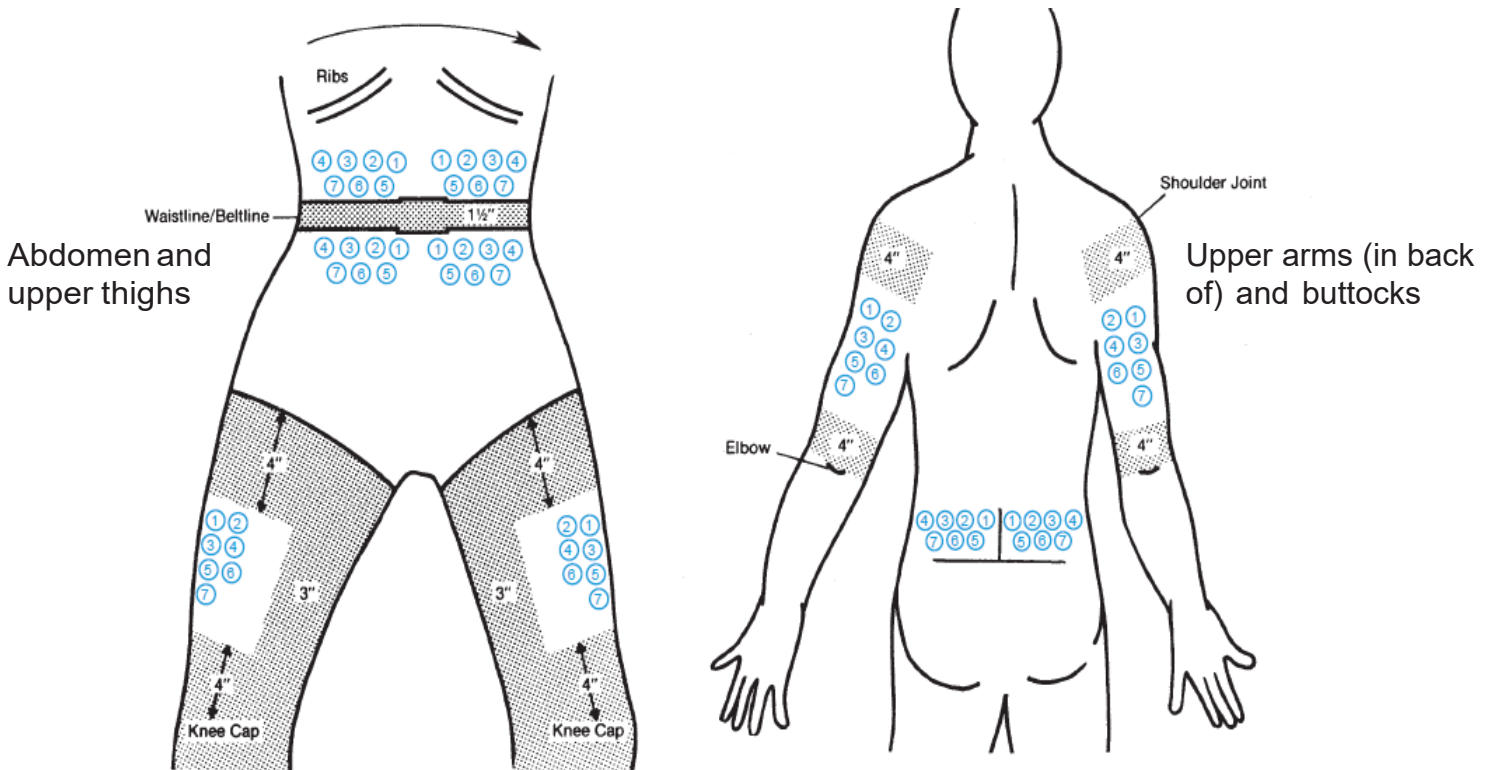
Injection sites change with each injection. Changing sites gives the skin time to heal and prevents skin problems that can occur when sites are not changed.

Injection sites are spaced about 1 inch apart.

You may choose sites that are easy for you to see and reach. The abdomen and thighs are usually used, but you can also use the backs of the upper arms and the buttocks.



Injection sites (Do not inject shaded areas)



What is Hypoglycemia?

(Blood sugar below 70)

Hypoglycemia means that your blood sugar is low and your body is not getting enough fuel. Some people get low blood sugar from taking too much insulin or diabetes medicines, vomiting, diarrhea, eating too little food, skipping a meal, delaying a meal or extra exercise.

People with pancreas problems or who have had surgery on their stomachs or intestines may get hypoglycemia.

Hypoglycemia is defined as a blood sugar level below 70 mg/dl. Appropriate treatment is needed right away or you may pass out.

How can I care for myself?

- Learn to recognize the early signs of low blood sugar. Signs include:

Fast heartbeat	Shakiness
Sweating	Impaired vision
Nervousness	Weakness/fatigue
Dizziness	Confusion
Hunger	Irritability
Nausea	Cold, wet skin

- **If you feel an episode of low blood sugar coming on:**

1. Test your blood sugar with your meter (if possible).
2. If your blood sugar is less than 70 mg/dl, drink ½ cup fruit juice or sugared (not diet) soda, 1 cup milk, or eat 4 glucose tablets.
3. Retest your blood sugar level in 15 minutes and if it is still below 70 mg/dl, then repeat step 2.
4. Within 30 minutes after symptoms go away, eat a small snack such as a half sandwich and a cup of milk.

- Keep a written record of your low blood sugar episodes, including when you last ate and what you ate, so that you can learn what causes your blood sugar to drop. Call your health care provider to report your reaction.

- **Make sure your family, friends, and coworkers know the symptoms of low blood sugar and know what to do to get your sugar level up.**

How can I prevent Hypoglycemia?

1. Avoid skipping meals. Eat on time.
2. Balance extra exercise with adjusting your food intake or medicine.
3. Carry sugar or glucose tablets at all times in a pocket or purse.
4. Carry a diabetes identification card or wear a “medic alert” bracelet. Ask your doctor or nurse if you need a “medic alert” bracelet.
5. As a precaution, check your blood sugar levels before driving and exercise, and eat a snack if your blood sugar is below 100.



What is Hyperglycemia?

(High Blood Sugar)

Hyperglycemia means that your blood sugar is high. Diabetes ketoacidosis (DKA) can occur if you have little or no insulin in your body and your blood sugar level gets too high. This can happen when you forget to take your insulin or diabetes medicines, do not take enough insulin or medicine, when you have an infection or another illness (such as the flu), ate too much food (especially sweet foods), or when you are severely dehydrated. DKA occurs mostly in people with type 1 diabetes, but people with type 2 diabetes also can get it. DKA can only be treated with insulin and fluids, which often are given in a vein (IV).

How can I care for myself?

Learn to recognize the early signs of high blood sugar. Signs include:

Extreme thirst	Weight loss
Frequent urination	Blurred vision
Dry skin	Drowsiness
Hunger	Nausea



To avoid spikes in your blood sugar and reduce your chance of ketoacidosis:

- Take your insulin and other diabetes medicines **on time and in the right dose.**
- If an infection caused your DKA and your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. **You need to take the full course of antibiotics.**
- Drink plenty of sugar-free liquids, especially if your blood sugar level is above 200 milligrams per deciliter (mg/dL).
- **Test your blood sugar** before meals and at bedtime or as often as your doctor advises. This is the best way to know when your blood sugar is high so you can treat it early. Watching for symptoms is not as helpful because they may not appear or you may not notice them until your blood sugar is very high.
- **Teach others at work and at home how to check your blood sugar.** Make sure that someone else knows how to check your blood sugar in case you are not able to check it yourself.
- Wear or carry **medical identification** at all times. This is very important in case you are too sick or injured to speak for yourself.
- Talk to your doctor about when you can start exercising again.
- **Eat regular meals** that spread your calories and carbohydrate throughout the day. This will help keep your blood sugar steady.

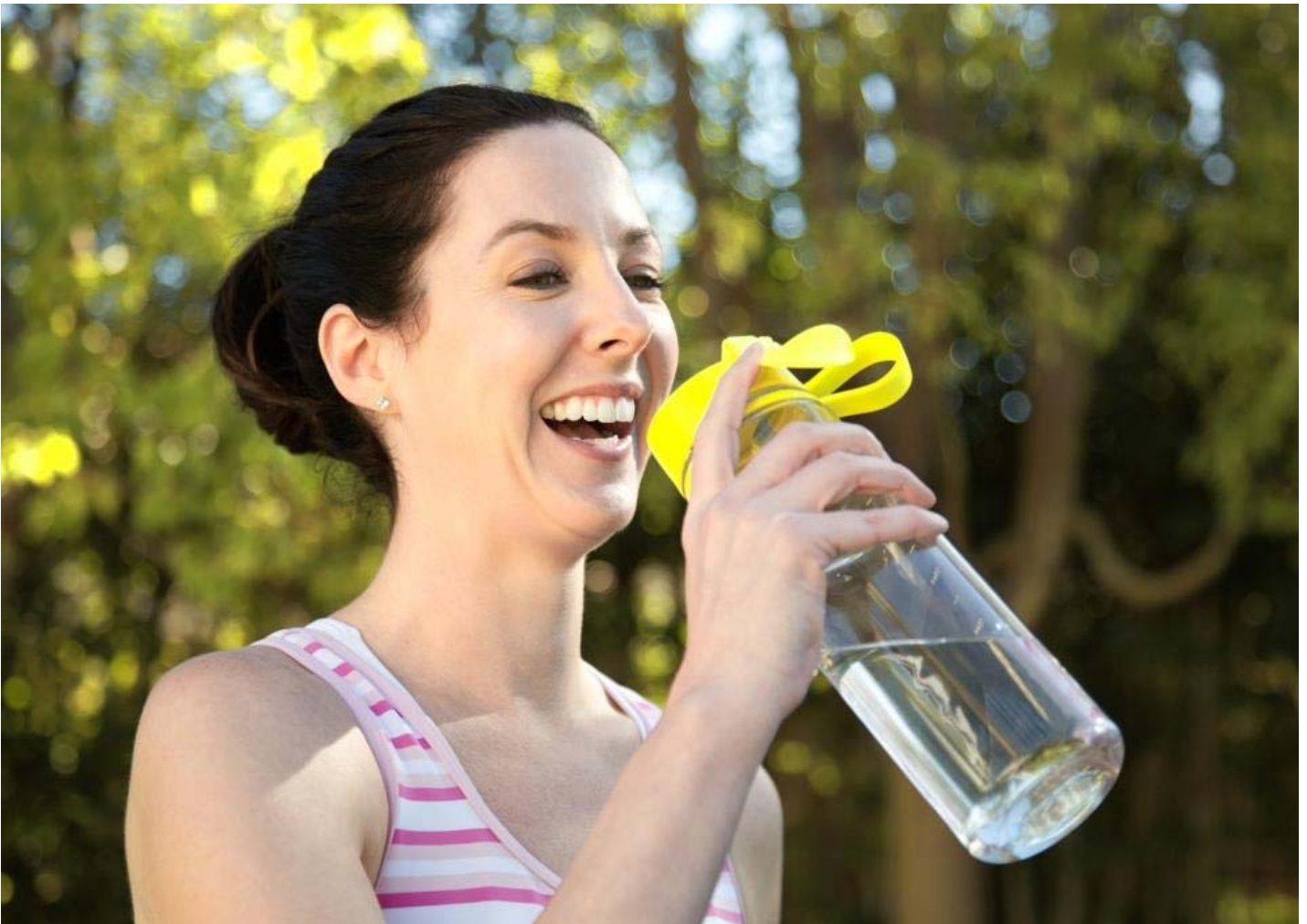
HIGH BLOOD SUGAR

High blood sugar

If your blood sugar readings are above the target range (95 and below for fasting or below 140 one hour after eating, do the following:

- Take a walk or climb stairs after eating
- Stay hydrated with water
- Follow the meal plan from your dietitian
- Avoid processed foods – eat more fiber
- Avoid saturated fat and trans fat

If your blood sugar readings remain high, call or email the provider you are working with on your blood sugar control.



COUNTING YOUR BABY'S KICKS

Counting your baby's kicks is one way your doctor or other clinician can tell that your baby is healthy. Most women – especially in a first pregnancy – feel their baby move for the first time between 16 and 22 weeks.

What should you expect?

The movement may feel like flutters rather than kicks. Your baby may move more at certain times of the day, you may notice less kicking when you are active than when you are resting. At your prenatal visits, your doctor or other clinician will ask whether the baby is active.

How do you count fetal kicks?

In your last trimester, your doctor or other clinician may ask you to count the number of times you feel your baby move. A common method of checking your baby's movement is to count the number of kicks or moves you feel in 1 hour. Ten movements (such as kicks, flutters, or rolls) in 1 hour are normal. Some doctors and other clinicians suggest that you count in the morning until you get to 10 movements. Then you can quit for the day and start again the next day.

Pick your baby's most active time of day to count. If you do not feel 10 movements in an hour, your baby may be sleeping. Wait for the next hour and count again.

Follow-up care is a key part of your treatment

Be sure to make any needed appointments and go to all scheduled visits. Watch for any signs of problems, and call your doctor or other clinician if you have concerns.

When should you call 911?

If you think you are experiencing a medical emergency, call 911 immediately or seek other emergency services.

When should you call Kaiser Permanente?

- You feel fewer than 10 movements in a 2-hour period, depending on when you usually feel the baby move the most.
- You are concerned that something may be wrong.

Important Phone Numbers

OB Specialties.....808-432-7404
Labor and Delivery.....808-432-8551
Neighbor Islands.....808-432-7700



MY MEAL PLAN

BREAKFAST AND MORNING SNACK

Start with the following for your meals and snacks. Meals may be adjusted based on your blood sugar readings. Do 10-15 minutes of walking, house cleaning, laundry, or other movement after each meal.

Breakfast (15-30g carbs)

WAKE UP: _____

EAT BREAKFAST: _____

A breakfast **low in carbohydrates (15-30g carbs)** usually works best. Choose whole grains. **AVOID** fruit, milk, juice, and, cold cereal which can cause higher blood sugars in the morning.

1. Choose **1 or 2** of the following energy/brain foods:
 - 1 slice whole grain bread
 - 1/2 fist-size brown rice
 - 1 small whole grain waffle
 - 1/2 English muffin
 - 1/2 fist-size oatmeal
 - 1 small whole grain tortilla
2. **Add eggs, low fat meat, tofu, peanut butter as desired**, to help build muscle, blood, tissues.
3. **Add 1 tsp** butter or oil for cooking

Breakfast Ideas

Toast with Egg Omelet: 1-2 slices whole grain bread with butter + egg and vegetable omelet

Breakfast Sandwich: 1/2 to 1 English muffin with egg, Canadian bacon and slice of light cheese

Local Breakfast: 1/2-1 fist-size brown rice + ham & eggs

Classic Healthy Breakfast: 1/2-1 fist size cooked oatmeal + cinnamon and almond slivers

Peanut Butter Sandwich: 1-2 slices whole grain bread + unsweetened peanut butter

Leftovers for Breakfast: 1/2-1 fist-size brown rice + leftover chicken, steak, or tofu, and veggies

Morning Snack (15-30g carbs)

TIME: _____

Pack healthy snacks to take with you wherever you go.

1. Choose **1 or 2** of the following energy/brain food:
 - 1 slice whole grain bread
 - 1 cup (8 ounces) milk or soymilk*
 - 1 granola bar*
 - 1 small fruit or 1/2 fist-size fruit
 - 4-6 whole grain crackers*
 - 1 light/fat-free yogurt*
- *Check product label for grams of carbs per serving

2. **Add** peanut butter, nuts, seeds, eggs, cheese, chicken, or meats to help build muscle

Snacks will keep you from getting too hungry, so you do not overeat at lunch and dinner.

Snack Ideas

Granola bar with cheese: 1 granola bar (15-30 grams carbs) + 1 piece string cheese

Fruit and nuts: 1/2 papaya + 15-20 nuts

MY MEAL PLAN

LUNCH AND AFTERNOON SNACK

Lunch (30-45g carbs)

TIME: _____

Plan ahead to make sure your lunches and dinners have what you need to build baby.

1. **Choose 1 serving** of the following energy/brain foods:

- | | |
|---|---|
| <input type="checkbox"/> 1 fist-size brown rice, noodles, or quinoa | <input type="checkbox"/> 2 slices whole grain bread |
| <input type="checkbox"/> 1 fist-size corn, beans, or peas | <input type="checkbox"/> 1 fist-size potato |
| <input type="checkbox"/> 1 fist-size poi, taro, or breadfruit | <input type="checkbox"/> 2 small tortillas |

2. **Plus one of the following:**

- | | |
|--|--|
| <input type="checkbox"/> 1 plain/light yogurt* | <input type="checkbox"/> 1 cup (8 ounces) milk or soymilk* |
| <input type="checkbox"/> 1 small fruit <i>or</i> ½ fist-size fruit | <input type="checkbox"/> ½ fist-size corn, beans, or peas |

*Check product label for grams of carbs per serving

3. Chicken, lean beef or pork, fish, cheese, eggs, or tofu for muscle building
4. Non-starchy vegetables are unlimited. Eat at least ½ plate or more for overall good health.
5. Use a little oil, mayonnaise, salad dressings, avocado, olives, or peanut butter

Lunch Ideas

Sandwich Meal: *Turkey or ham and cheese sandwich + side salad + 1 cup cantaloupe*

Chili with Rice Meal: *1 fist-size chili with beans + ½ fist-size brown rice + baby carrots with dip + 1 cup (8 ounces) unsweetened milk or soymilk*

Fast Food Meal: *1 burger + side salad + apple slices OR 2 tacos + salad + 1 cup melon OR Grilled chicken sandwich + side salad*

Afternoon Snack (15-30g carbs)

TIME: _____

Remember, non-starchy veggies are unlimited!

1. Choose **1 or 2** energy/brain food:

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 slice whole grain bread | <input type="checkbox"/> 1 cup (8 ounces) milk* | <input type="checkbox"/> 1 granola bar* |
| <input type="checkbox"/> 1 small fruit <i>or</i> ½ fist-size fruit | <input type="checkbox"/> 4-6 whole grain crackers* | <input type="checkbox"/> 1 plain/light yogurt* |

*Check product label for grams of carbs per serving

2. **Add** peanut butter, nuts, seeds, eggs, cheese, chicken, or meats to help build muscle

Snacks will keep you from getting too hungry, so you do not overeat at lunch and dinner.

Snack Ideas

Hummus, veggie sticks, and crackers: *2 Tbsp hummus + carrot sticks + 4-6 whole grain crackers*

Yogurt and nuts: *6 ounces light yogurt +15-20 nuts*

MY MEAL PLAN

DINNER AND BEDTIME SNACK

Dinner (30-45g carbs)

TIME: _____

Beans and quinoa contain carbs and they also contain protein and fiber.

1. Choose **1** of the following energy/brain foods:
 - Fist-size brown rice, noodles, or quinoa
 - 2 slices whole grain bread
 - Fist corn, beans, or peas
 - Fist-size potato
 - 2 small tortillas
 - Fist-size poi, taro, or breadfruit
2. **Plus one of the following:**
 - 1 light/fat-free yogurt*
 - 1 cup (8 ounces) milk*
 - 1 small fruit or ½ fist-size fruit
3. Chicken, lean beef or pork, fish, cheese, eggs, tempeh, tofu, nuts, or seeds for muscle building
4. Green and orange vegetables (½ plate) for healthy skin and overall good health
5. Use a little oil, mayonnaise, salad dressings, avocado, or olives

Dinner Ideas

Healthy Local Plate: 1 fist-size brown rice +BBQ chicken + stir-fried cabbage and carrots + unsweetened milk or soymilk

Hawaiian Plate: Fist-size poi + 1 laulau + lomi salmon + kalua pig + small orange

Pasta Meal: Colorful salad with dressing + ½ fist-size noodles + ½ fist-size lentils + ½ fist-size red sauce, broccoli, zucchini, carrots

Bedtime Snack (15-30 g carbs)

TIME: _____

This snack feeds baby overnight so do not skip this one!

1. Choose **1 or 2** energy/brain food (**NO FRUIT**):
 - 1 slice whole grain bread
 - 1 cup (8 ounces) milk*
 - ½ Fist-size oatmeal
 - 1 granola bar*
 - 1 plain/light yogurt
 - ½ Fist-size brown rice
 - 4-6 whole grain crackers
 - ½ fist-size sweet potato
2. **Add** peanut butter, nuts, seeds, eggs, cheese, chicken, or meats to help build muscle
3. Use a little butter, mayonnaise, nuts, olives, or avocado

Snack Ideas

½ **Grilled cheese sandwich:** 1 slice whole grain bread + slice of cheese

Super hungry? Try leftovers: ½ scoop brown rice + leftover tofu and veggies

MY MEAL PLAN

MORE MEAL IDEAS

Breakfast Ideas

Waffle and Yogurt: 1 small whole grain waffle with butter and sugar-free syrup + ½ cup Greek yogurt

Grab and Go Breakfast: 1 plain/light yogurt + handful of nuts + hard boiled eggs + 4-6 crackers OR 1 slice whole wheat toast + unsweetened peanut or almond butter

Breakfast Burrito: 1-2 small whole grain tortillas filled with scrambled eggs or tofu + greens + salsa + avocado or light cheese

Tofu Scramble: ½-1 fist-size potatoes + tofu + green peppers + kale + tomato + 1 tsp shoyu

Grilled Cheese Sandwich: 1-2 slices whole grain bread with melted cheese and butter

Ranch Potatoes, Ham and Eggs: ½-1 fist-size potatoes + pan-fried ham and eggs

Asian Breakfast: ½-1 fist-size brown rice + grilled fish + miso soup + vegetable

Savory Oatmeal: ½-1 fist-size oatmeal + vegetables (kale, tomato, mushrooms, tofu) + herbs and spices (curry, garlic, green onion, basil, pepper)

Lunch Ideas

Hummus Wrap: 2 small whole grain tortillas + 2 Tbsp hummus + avocado + tomato + greens

Tuna or Egg Sandwich: Tuna or egg salad sandwich + carrot and celery sticks + 10-15 grapes

Chicken Caesar Salad Meal: Chicken Caesar salad + dressing + ½ fist-size croutons + 1 plain or light yogurt

Lunch Ideas continued

Healthy Frozen Meal Plus: Lean Cuisine®, Healthy Choice®, or Smart Ones®, meal + 1 cup Steamables®

Noodles: 1 fist-size fresh or frozen ramen OR buckwheat noodles + tofu or char siu or chicken + extra vegetables

Fast Food Meal: Grilled chicken sandwich + side salad OR 1 beef stew bowl with ½ fist-size potatoes and ½ fist-size rice + side salad

Pasta Primavera: ½-1 fist-size whole wheat rotini pasta + ½ fist-size white beans + grape and sundried tomatoes + olives + lemon + Italian spices or dressing + feta cheese (optional)

Dinner Ideas

Chinese Plate: 1 fist-size chow fun + Oyster sauce chicken + beef broccoli, green beans, other veggies + ½ cup mandarin oranges

Korean Plate: 1 fist-size rice + BBQ chicken or beef + kim chee and assorted veggies + ½ cup fruit

Steak Plate: 1 fist-size baked potato + grilled steak + tossed salad or steamed veggies + unsweetened milk or soymilk

Filipino Plate: 1 fist-size rice + chicken/pork adobo + pinacbet or 1 cup pork gisantes + ½ cup fruit

Pacific Island Meal: 1 fist poi + chicken laulau + tossed salad + ½ papaya

Beet Salad: Beets + greens + pumpkin seeds + fist-size garbanzo beans + balsamic vinegar + olive oil + feta cheese

MY MEAL PLAN

MORE SNACK IDEAS



Morning Snack Ideas

Mediterranean: 1 small whole wheat pita + $\frac{1}{4}$ cup hummus + assorted raw veggies

Oatmeal and nuts: $\frac{1}{2}$ fist-size oatmeal + nuts

$\frac{1}{2}$ Egg Sandwich and milk: 1 slice whole grain bread + fried egg + 8 ounces milk

Cheese and Crackers: 4-6 whole grain crackers + string cheese

Fruit and Peanut Butter: $\frac{1}{2}$ fist-size apple + peanut butter

Afternoon Snack Ideas

Chia Pudding: 2 Tbsp chia seed mixed with $\frac{1}{2}$ cup almond milk (let sit for a few hours) + 2 Tbsp dried cranberries or $\frac{1}{4}$ cup fresh fruit

$\frac{1}{2}$ Sandwich and milk: 1 slice whole grain bread + filling of your choice + 8 ounces nonfat milk

Chips and Salsa: 12 crisp tortilla chips with melted cheese and salsa

Kalua Pig or Chicken Slider: Mini bun filled with warm kalua pig or chicken + small fruit

Bedtime Snack Ideas

Vegetarian: 1 small corn or whole wheat tortilla layered with $\frac{1}{2}$ fist-size black beans + salsa + avocado

Pizza: 1 slice of thin crust pizza with veggies

Hamburger and milk: 1 regular hamburger with lettuce and tomatoes + 8 ounces milk

Lumpia and milk: 2 pieces lumpia + 8 ounces milk

EATING RIGHT

NUTRITION TIPS

Meal Tips

1. Eat 3 small meals and 3 snacks a day _____ to _____ hours apart.
2. Eat your bedtime snack. Avoid a gap of more than _____ hours between your bedtime snack and breakfast.
3. Walk _____ to _____ minutes after each meal, especially breakfast.
4. Avoid juice, soda, smoothies, sweet teas, and sweet coffee
5. Limit _____ and _____ especially if your sugars are high. If you do eat sweets, eat only small amounts.
6. Limit fatty meat, canned/processed meat, deep fried foods, coconut milk, and cheese.

Other Nutritional Concerns

- Artificial sweeteners (e.g. Splenda®, Equal®, Sweet-n-Low®) are often labeled as “diet” or “sugar-free.” Limit or do not use in pregnancy.
- Limit caffeine such as found in coffee, caffeinated soda, and energy drinks.
- Fish is a healthy protein. Follow safe fish guidelines in your “Local Guide to Eating Fish Safely” brochure to limit mercury intake.
- Listeria
 1. Hot dogs, luncheon meat, and deli meat should be properly _____.
 2. Avoid _____.
 3. Practice safe food handling. Wash fresh _____ and _____.

Weight gain recommendations

Pre-pregnancy BMI	Current BMI	Total recommended weight gain	Weekly recommended weight gain for 2 nd and 3 rd trimester
Underweight	Below 18.5	28-40 lbs.	1 lb. (1-1.3 lbs.)
Normal	18.5-24.9	25-35 lbs.	1 lb. (0.8-1.0 lbs.)
Overweight	25-29.9	15-25 lbs.	0.6 lb. (0.5-0.7 lbs.)
Obese	30 and greater	11-20 lbs.	0.5 lb. (0.4-0.6 lbs.)

EATING RIGHT

NUTRITION TIPS AND FOLLOW UP

Label Reading

Nutrition Facts	
Serving Size 1 ounce Servings in bag 4	
Amount Per Serving	
Calories 155	Calories from Fat 93
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 9%
Calcium 1%	• Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Choose foods with the following:

- Total carbohydrates: _____ grams (for snacks)
- Saturated fat: _____ grams or less
- No trans fat
- No hydrogenated oils
- Dietary fiber: _____ grams or more
- Sugar: _____ grams or less or less than 14 grams if milk product

Kupu Ola follow-up

Log your blood sugar, food, and exercise on the following pages. Then submit your logs using the options below:

- **Kp.org**: email the dietitian during week one
- **Kp.org**: email RN during week two and until you deliver
- **Fax**: 808-432-7104

For questions or concerns, please call **OB Specialties** at **808-432-7404**.

DELIVERY AND BEYOND

Delivering your baby

Having gestational diabetes should not affect your delivery. However, if your baby is too large to fit through the birth canal, a C-section may be necessary. Talk to your doctor about any concerns or questions you may have about your delivery.

During delivery, we will monitor your blood sugar. If it is too high, you may need insulin. Keeping your blood sugar normal during labor helps prevent your baby from having low blood sugar at birth. Your baby's blood sugar will be tested in the first hour after delivery. If it is low, we will monitor and treat your baby until his or her blood sugar is normal.

After delivery

After delivery, your blood sugar will most likely return to normal. Now that you have gestational diabetes, you are more likely to have it with your next pregnancy. It is also a warning sign that you are at risk for getting diabetes later in life.

Reduce these risks!

- Get your blood sugar (A1c) rechecked in the lab 12 weeks after delivery
- Stay at a healthy weight by eating a low-fat, low-sugar diet
- Aim for 30-60 minutes of exercise each day (i.e. take walks with your baby)
- Breastfeed your baby

Breast milk is the best food for your baby

Breastfeeding is the natural way to provide all the nutrition your baby needs. The American Academy of Pediatrics, World Health Organization, and Kaiser Permanente recommend that you feed your baby only breast milk for the first 6 months of life and keep breastfeeding for one year.

Benefits of breastfeeding

- Protects your baby from infection, certain illnesses, and allergies
- Easier for your baby to digest than formula
- Helps you lose more weight after delivery than bottle feeding
- Lowers your risk of getting heart disease, high blood pressure, diabetes, and ovarian and breast cancer



FOOD AND BLOOD SUGAR LOG

DATE	FASTING BLOOD SUGAR (FBS)	TIME	DATE	FASTING BLOOD SUGAR (FBS)	TIME
Breakfast					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
TIME:			TIME:		
Morning snack					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
Blood Sugar:		TIME:	Blood Sugar:		TIME:
Lunch					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
TIME:			TIME:		
Afternoon snack					
Blood Sugar:		TIME:	Blood Sugar:		TIME:
Dinner					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
TIME:			TIME:		
Bedtime snack					

FOOD AND BLOOD SUGAR LOG

DATE	FASTING BLOOD SUGAR (FBS)	TIME	DATE	FASTING BLOOD SUGAR (FBS)	TIME
Breakfast					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
TIME:			TIME:		
Morning snack					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
Blood Sugar:		TIME:	Blood Sugar:		TIME:
Lunch					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
TIME:			TIME:		
Afternoon snack					
Blood Sugar:		TIME:	Blood Sugar:		TIME:
Dinner					
Exercise	10-15 minutes walking? Yes / No		10-15 minutes walking? Yes / No		
TIME:			TIME:		
Bedtime snack					

RESOURCES

FOR GESTATIONAL DIABETES

- **Prevention & Health Education**

Oahu.....	808-432-2260
Maui.....	808-243-6484
Hawaii Island.....	808-933-4510

- **Integrated Behavioral Health**

Oahu.....	808-432-7600
Neighbor Islands.....	1-888-945-7600

- **Tobacco Cessation.....**808-643-4622

- **Hawaii State Tobacco Quitline.....**1-800-QUIT-NOW

- **Kp.org** – search “diabetes and pregnancy”

- **Kphealthyme.com/pregnancy** - Click “nutrition information” under gestational diabetes

- **Diabetes.org**

