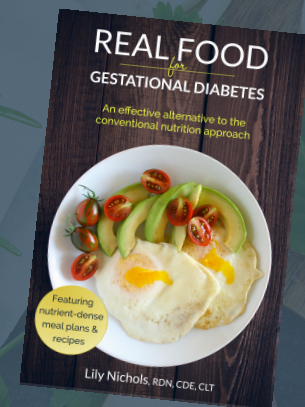


5 key steps to managing your blood sugar, naturally!

Brought to you by Lily Nichols, RDN, CDE
Author of Real Food for Gestational Diabetes
and Real Food for Pregnancy



5 key steps to managing your blood sugar, naturally!

1 - Check your blood sugar

Maybe you're afraid of poking yourself, you think it will hurt, or you're nervous about seeing a high number. But, knowledge is power! When you check your blood sugar regularly, you'll be able to see trends in what causes it to go too high - and - what helps it stay in the normal range. Remember, numbers are not good or bad and they say nothing about you or your self-worth. They are just information.

2 - Eat every 2-3 hours

Eating small portions every few hours does three things: 1) You never get too hungry or let your blood sugar get too low. 2) You don't have to eat huge portions, which could spike your blood sugar. 3) Your baby gets a consistent supply of nutrients throughout the day.



3 - No naked carbs

Carbohydrates are the foods that raise your blood sugar the most. They are mainly found in grains, fruit, and milk/yogurt (among others). If you eat them alone (“naked”), then your blood sugar spikes. If you eat them with some fat or protein, it keeps your blood sugar more stable. So, instead of eating an apple by itself, “dress it up” with some peanut butter. If you have crackers, have them with cheese. If you’re having toast in the morning, make some eggs to go with it.

4 - Eat less sugar

This might seem obvious, but eating sugar raises your blood sugar. Now’s the time to ditch foods high in sugar, like soda, juice (yes, even 100% fruit juice), cookies, cakes, and candy.

5 - Move your body

When you move your body, your muscles use the sugar in your bloodstream as energy! Walking is a great way to keep your blood sugar at normal levels. If you were not active before becoming pregnant, try just a 5-10 min walk after meals and notice how it changes your blood sugar!



General guidelines for checking your blood sugar

Fasting blood sugar

Check your blood sugar first thing in the morning before you've had anything to eat or drink (other than water). Record that in the first "BG" column in the Food & Blood Sugar Log. Ideally, this number should be less than 90mg/dl.

Post-meal blood sugar

Check your blood sugar 1-2 hours after each meal. Record this in the "BG" column after each meal. Soon, you'll start to notice trends in which foods cause your blood sugar to spike. Ideally, this number should be less than 120mg/dl.

Ask your healthcare provider

This information is intended solely for informational and educational purposes and not as personal medical advice. Always seek the advice of your physician with any questions you have regarding a medical condition, and before undertaking any diet, exercise, or other health program.



Food & Blood Sugar Log (example)

Date	BG	Breakfast	BG	Lunch	BG	Dinner	BG	Bedtime Snack
Mon	85	2 eggs over-easy, butter 1 slice whole wheat bread 1 cup black tea + cream ✓ 30 min walk, moderate pace	105	2 chicken thighs Salad: lettuce, kale, tomato, avocado, balsamic vinaigrette, 1 chocolate chip cookie ✗ 1/2 banana	<u>125</u>	Meatloaf, roasted cauliflower, bell peppers, and onions 1 cup blueberries with whipped cream (unsweetened)	94	1/2 cup Greek yogurt + pecans
Tues	88	2 eggs over-easy, butter 1 slice whole wheat bread 1 cup black tea + cream	115	4 oz carnitas 1 small corn tortilla Tomato salsa, sour cream Bell peppers, onions, lettuce	94	Roasted chicken 1/2 cup lentils Sautéed zucchini and onions ✓ 30 min walk, moderate pace	102	2 oz cheese + 6 whole grain crackers
Wed	87	1 cup cottage cheese 1/2 cup chopped fresh fruit small handful pecans ✓ Pilates class (60 min)	98	2 slices pizza ✗ Salad with balsamic	<u>138</u>	Lettuce-wrapped burger Cheese, tomato, lettuce, pickles, mustard 1 Tbsp ketchup	99	no snack- oops! ✗
Thurs	<u>96</u>							
Fri								
Sat								
Sun								

BG= blood glucose

✓ Track exercise (type, duration, intensity)

✗ Mark food(s) suspected of causing high blood sugar

For guidance on creating a customized real food meal plan, refer to Chapters 3 & 4 in *Real Food for Gestational Diabetes*

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Food & Blood Sugar Log

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This is just the beginning!

**Getting diagnosed with gestational diabetes is scary...
but it doesn't have to stay that way!**

You can manage your blood sugar, gain the right amount of weight, and give birth to a beautiful, healthy baby. And it's easier than you think!

Hopefully this guide has given you the tools to begin figuring out how food affects your blood sugar. There's a whole lot more to learn and I cover it all - from customizable meal plans, to nutrient-dense recipes, to safe exercises, and much more - in my book, Real Food for Gestational Diabetes.

You don't have to follow a tasteless, low-fat, restrictive diet to control your blood sugar (and actually, that's unhealthy for you and baby!)

I have a better solution.

If you don't already have the book, get it at www.RealFoodforGD.com and turn this diagnosis into a (delicious) blessing in disguise.

Psst- You've got this! :) - Lily

