

Kristin Miller Obstetrics & Gynecology

"Caring for the Needs of Women"

PATIENT INSTRUCTIONS

FULL GLUCOSE TOLERANCE TEST

FULL GLUCOSE TOLERANCE TEST – This is the definitive test that will evaluate for gestational diabetes. You will be in the office for at least 3 hours. Plan to sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

1. Follow 2000 calorie diabetic diet for 3 days prior to this test.
2. Schedule a lab only, morning appointment.
3. **Do not eat or drink anything (except water) after 9:00 P.M. the night prior to test.** You must be fasting to begin this test!
4. Upon admission to the lab, a fasting blood sugar will be checked. You will then be given a measured amount of glucose to drink. This glucose must be consumed within a 5 minute time span. From the time you began drinking the glucose your blood sugar will be checked at 1 hour, 2 hour and 3 hour intervals.

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2000 CALORIE DIET GESTATIONAL DIABETES

WHAT CAUSES IT?

Diabetes occurs when a person has high blood sugar. If this occurs only during pregnancy, it is called gestational diabetes. This person does not have diabetes before she is pregnant; and the diabetes usually goes away after the baby is born.

Diabetes occurs when there is a problem with the way in which the body makes or uses insulin. Insulin is the hormone that converts glucose obtained from food into energy. During pregnancy, hormones that are made by the placenta may alter the way in which insulin works, resulting in elevated blood sugar. Usually, pregnant women make more insulin to lower the blood sugar but some are unable to compensate. These are the women who develop gestational diabetes.

WHO IS LIKELY TO GET IT?

Women most likely to develop gestational diabetes are women who:

- Have had gestational diabetes before.
- Have had a large baby weighing more than 9 pounds at birth.
- Have one or more family members with diabetes.
- Are very overweight.
- Have had a stillborn baby.
- Are over 25 years of age.

WILL I ALWAYS HAVE DIABETES?

After your baby is born, your blood sugar will probably return to normal. However, a small percentage of women with gestational diabetes may continue to have elevated blood sugar following delivery. For this reason, it is important that a Full Glucose Tolerance Test be repeated at your 6 week postpartum checkup. You should schedule your postpartum visit through the appointment desk and the Full Glucose Tolerance with the lab personnel. Instructions will be given at this time. Until this visit is due, you may resume a regular diet after your delivery.

WHAT SHOULD I DO?

It is very important to keep your blood sugar in the normal range during pregnancy. High blood sugar can cause problems for both you and your baby. Controlling your blood sugar offsets the risks that are present during the pregnancy of a woman with gestational diabetes.

The best way to control blood sugar is by eating a healthy diet designed specifically for gestational diabetes.

Regular exercise also plays an important role in the control of diabetes. It reduces the amount of insulin needed to maintain normal blood sugar levels. Walking on a regular basis is a good form of exercise during pregnancy. Be sure to check with your doctor if your activity has been limited.

Suggestions to Control Your Blood Sugar

It is very important to control your blood sugar for the rest of your pregnancy. The sugar in your blood goes to your baby. A high blood sugar can be dangerous for your baby. The following suggestions will help to control your blood sugar.

1. Do not eat any sugar, honey, corn sweetener, syrup or food or drinks that contain them. Be especially cautious of sauces containing sugar (such as barbeque sauce) and fruits canned in heavy syrup.
2. Eating a high fat diet may make controlling blood sugar more difficult. Limit the amount of fat you use on your food in cooking and at the table.
 - a. Fats include butter, margarine, salad dressing, mayonnaise and gravy. Limit butter, margarine and mayonnaise to 2 teaspoons, and limit salad dressing and gravy to 2 tablespoons each meal.
 - b. Limit sausage or bacon to no more than 2-3 times a week. Eat no more than 1 patty or 1 strip.
 - c. Avoid potato chips, corn chips, cheese balls and pork skins.
 - d. Avoid adding sauces to your food.
 - e. Use 2% low-fat or skim milk.
 - f. Avoid fried foods. Bake, broil, steam or grill your food instead of frying.
 - g. Use lean meats such as: turkey, fish or chicken. Cut off excess fat. Limit high fat meats such as bologna, lunchmeats and hot dogs.
3. Follow the meal plan your doctor or nurse gave you. Eat 3 balanced meals a day and snacks suggested on the meal plan. Do not skip meals or snacks.
4. Include high fiber foods in your diet such as cooked dried beans, whole grain products, fresh raw fruits and vegetables with the skin. These foods will help to keep your blood sugar at a normal level.
5. Do not drink any alcoholic beverages. Alcohol raises your blood sugar and is very harmful to your baby.
6. These foods tend to raise your blood sugar, use them sparingly: bananas, pineapple, pineapple juice, white bread, corn flakes and potatoes.
7. Fruits and fruit juices have natural sugar which can make your blood sugar rise. It is better to eat fresh fruit rather than drinking fruit juice. Eat fruits with a meal or with other foods.
8. Alternative sweeteners may be used in moderation. These include Aspartame (NutraSweet), Sucralose (Splenda), Acesulfame K (Sweet One, Sunette) and Saccharin (Sweet N Low).

Sugar Names

White Sugar
Confectioner's Sugar
Raw Sugar
Sucrose
Glucose
Cory Syrup
Molasses

Brown Sugar
Invert Sugar
Fructose
Lactose
Honey
Maple Syrup
Sorghum

SUCROSE OR GLUCOSE

Commonly know as table sugar
Contains calories, will raise blood sugar quickly

FRUCTOSE

Occurs naturally in foods like fruits
Your body turns fructose into glucose
Contains calories: will raise blood sugar, but more slowly than sucrose
May raise blood fats called triglycerides

GLUCOSE SYRUPS, CORN SYRUP

Contains high amounts of glucose
Raises blood sugar quickly

HONEY

"Natural" sugar made from flower nectar
Has high glucose content, which raises blood sugar quickly

Food Selection

Grains, Beans & Starchy Vegetables

Each serving from this food group equals: 15 grams of carbohydrate, 3 grams protein, 1 gram fat, and 80 calories.

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy. Many foods from this group also give you needed fiber, vitamins, and minerals. Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening and oil.

These are just a few of the many available starchy foods. Estimate a single serving size for foods that aren't on the list as follows:

Starchy vegetables 1/3 C
Cooked dried beans of all types 1/2 C

Cereals/Beans/Grains/Pasta	Serving Size
Beans; cooked or canned	1/3 C
Cereal; cooked (Oatmeal, cream of wheat, rice, etc.)	1/2 C
Cereal; dry (less than 100 calories per serving)	
(Serving sizes vary)	(See box)

Starchy Vegetables

Corn; cooked or canned	1/2 C
Corn meal; uncooked	3 Tbsp
Corn on the cob (medium)	1
Parsnips	1/2 C
Peas (green): cooked or canned	1/2 C
Plantain (green, mature)	1/2 C
Potato; baked, boiled, steamed (oz.)	1 small (3 oz.)
Squash (winter, acorn)	1 C
Yam or sweet potato	1/2 C

Breads

Bread (whole wheat)	1 slice
English muffin	1/2
Pita pocket bread (6" across)	1/2
Sandwich bun or roll (hamburger, hot-dog, kaiser)	1/2

Crackers/Snacks

Crackers (saltine or butter-type)	6
Graham crackers	3
Pretzels (sticks/rings)	3/4 oz
Popcorn (plain, popped)	3 cups

Vegetables

Each serving from this food group equals: 5 grams of carbohydrate, 2 grams protein and 25 calories.

Vegetables are a great source of vitamins and minerals and many also provide some fiber. A serving is 1/2 C of cooked vegetables, 1/2 C of vegetable juice, 1 C of raw vegetables. (Starchy vegetables like potatoes, corn and peas are listed with grains and beans. Vegetables with fewer than 20 calories per serving are listed with Free Foods.)

Bean sprouts
Beans (green, waxed, Italian, snap)
Beets
Broccoli
Cabbage
Carrots
Eggplant
Greens
Mushrooms
Okra
Pea pods or snow peas
Peppers
Sauerkraut
Spinach
Squash (summer, crook neck, zucchini)
Tomato
Tomato or vegetable juice
Water chestnuts

Fruits

Each serving from this food group equals: 15 grams of carbohydrate and 60 calories.

Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

You can estimate the serving size for fruits that aren't on the list as follows:

Fresh, canned or frozen fruit;
No sugar added 1/2 C
Dried fruit 1/4 C

Fresh Fruit	Serving Size
Apple; unpeeled (small)	1
Applesauce; no sugar added	1/2 C
Banana (small)	1
Berries (raspberries)	1 C
Berries (black, blue)	3/4 C
Cherries; fresh, sweet	12
Grapefruit	1/2
Grapes (seedless)	17
Mandarin oranges	3/4 C
Mango; fresh	1/2
Orange	1
Papaya	1 C
Peach (medium)	(6 oz)
Pear (large)	1/2 (4 oz)
Pineapple; fresh	3/4 C
Plums; fresh (small)	2

Milk and Yogurt

Milk and yogurt supply calcium and other minerals, vitamins, protein and carbohydrates. Choose low-fat and skimmed varieties for health. They have less fat, calories, and cholesterol than whole milk products.

Fat-free and low-fat Serving Size
Each serving from this group equals: 12 grams of carbohydrate, 8 grams protein, 0- 3 grams fat, and 90- 110 calories.

Buttermilk (fat-free, low-fat) 1 C

Skim, 1/2 %, 1% milk 1 C
Yogurt 3/4 C
(Nonfat, plain or artificially sweetened)

Reduced-fat Milk

Each serving from this group equals: 12 grams of carbohydrate, 8 grams protein, 5 grams fat, and 120 calories.

2% milk 1 C
Yogurt (low-fat, plain) 3/4 C

Whole Milk

Each serving from this group equals: 12 grams of carbohydrate, 8 grams protein, 8 grams fat, and 150 calories.

To reduce your intake of cholesterol and saturated fat, limit or avoid foods in this group.

Whole milk 1 C
Evaporated whole milk 1/2 C

Sugars and Sweets

Each serving from this group equals: 15 grams of carbohydrate, or 1 Starch, or 1 Fruit, or 1 Milk.

Sugars can be included in your meals without losing blood sugar control if they are counted appropriately. Follow Food Guide Pyramid guidelines for keeping the amounts of Sweets and Fats in your overall diet small compared to more nutritionally valuable foods. Portion sizes of foods high in refined sugar are often small. Read the label.

Gelatin (regular)	1/2 C
Gingersnaps	3
Jam or jelly (sugar free)	1 Tbsp
Pudding (regular, sugar free); Made with low-fat milk	1/2 C

Meat and Meat Substitutes

Small servings of meat and meat substitutes provide enough protein to meet most people's daily needs. For better health, choose very lean and lean meat, fish, poultry, and cheese more often than medium and high-fat types.

Very Lean Meats Serving Size
Each serving from this group equals: 7 grams protein, 0- 1 gram of fat, and 35 calories.

Cottage cheese (non-fat)	1/4 C
Cornish hen, no skin	1 oz
Fish; fresh, frozen, or canned in water (cod, Flounder, tuna)	1 oz
Shellfish (clams, mussels, scallops)	1 oz

Lean Meats

Each serving from this group equals: 7 grams protein, 3 grams fat, and 55 calories.

Cheese (low-fat American, cheddar) 1 oz

Medium-Fat Meats

Each serving from this group equals: 7 grams protein, 5 grams fat, and 75 calories.

Beef (most cuts, when trimmed)	1 oz
Cheese (5 grams of fat or less/oz)	1 oz
Chicken; roasted (dark meat, skin)	1 oz

Food Selection

Eggs; fresh, large
1
Pork (Canadian bacon, loin chop)
1 oz

High-Fat Meats

Each serving from this group equals: 7 grams protein, 8 grams fat, and 100 calories.

Cheese, all regular
1 oz
(American, Swiss, etc.)
Pork (spareribs)
1 oz
Sausage
1 oz

Fats

Each serving from this group equals: 5 grams fat and 45 calories.

Fats add flavor and moisture to food but have few vitamins and minerals. Serving sizes of all fats are small. Choose mono- and polyunsaturated fats more often than saturated fats for better heart health and to lower blood cholesterol levels.

Monounsaturated Fats

Serving Size

Avocado (4" across) 2 Tbsp (1 oz)
Oil (canola, olive, peanut) 1 tsp
Peanut butter ½ Tbsp
Macadamias: oil roasted, whole 3

Polyunsaturated Fats

Margarine (stick, tub or squeeze) 1 tsp
Mayonnaise (reduced fat) 1 Tbsp

Mayonnaise (regular) 1 tsp
Oil (corn, safflower, soybean) 1 tsp

Saturated Fats

Bacon 1 slice
Butter (stick) 1 tsp
Sour cream 2 Tbsp

Free Foods

Each free food or drink contains less than 20 calories per serving. Eat as much as you want of the free foods that list no serving size. Eat up to 3 servings per day of free foods that have serving sizes listed. For better blood sugar control, spread your servings of these extra foods throughout the day.

Drinks

Bouillon or broth (fat-free)
Coffee or tea (unsweetened)
Soft drinks (calorie free) or Club Soda

Sweet Substitutes

Gelatin (sugar-free)

Condiments

Catsup 1 Tbsp
Mustard
Salsa (all kinds)
Taco sauce 1 Tbsp
Vinegar (balsamic, red wine) 1 Tbsp

Vegetables

Bamboo Shoots, canned
Celery
Cucumber
Peppers (green, red, yellow)
Radishes
Salad greens (all types)
Spinach
Zucchini

Seasonings

Seasonings can be used as desired. If you are on a low-sodium diet, read labels to avoid seasonings that contain sodium or salt.

Cilantro
Flavoring extracts (vanilla, etc.)
Garlic or garlic powder
Herbs, fresh or diced
Lemon or lemon juice
Onion powder
Paprika
Pepper
Pimento
Spices
Tabasco sauce
Worcestershire sauce

Key

oz = ounce

tsp = teaspoon

Tbsp = tablespoon

C=cup

2000 Calorie Menu

This sample menu below is an example of how to include your food requirements in a day's meals and snacks. Remember, when you plan your meals, choose healthy foods that you and your family will enjoy and that will fit into your food budget. Planning your meals one week at a time may help you adhere to your diet and facilitate your grocery shopping.

EXAMPLES

BREAKFAST

1 starch/bread
1 meat
 $\frac{1}{2}$ milk
1 fat

1 slice whole wheat toast
1 egg or 1 tablespoon peanut butter
 $\frac{1}{2}$ cup skim milk
1 teaspoon margarine/mayonnaise

MORNING SNACK

1 meat
1 starch

1 tablespoon peanut butter
6 crackers

LUNCH

2 starch/bread
2 meat
1 vegetable
1 fruit
1 milk
2 fat

2 slices bread
2 oz lean meat
Raw carrot sticks
1 apple
1 cup skim milk
2 teaspoons margarine/mayonnaise

AFTERNOON SNACK

1 starch/bread
1 fruit

3 cups popcorn
 $\frac{1}{2}$ banana

DINNER

2 starch/bread
3 meat
1-2 vegetables
1 fruit
1 milk
2 fat

1 medium baked potato, 1 small whole wheat dinner roll
3 oz chicken breast
 $\frac{1}{2}$ cup cooked broccoli, small dinner salad
 $\frac{1}{2}$ cup unsweetened sliced peaches
1 cup skim milk
1 teaspoon margarine/mayonnaise
1 tablespoon salad dressing

EVENING SNACK

1 starch/bread
1 fruit
1 milk

3 graham cracker squares
 $1\frac{1}{4}$ cups strawberries
1 cup skim milk

2000 Calorie Meal Plan

DATE _____

BREAKFAST Time: _____

1 starch/bread _____
1 meat _____
½ milk _____
1 fat _____

MORNING SNACK Time: _____

1 meat _____
1 starch _____

LUNCH Time: _____

2 starch/bread _____
2 meat _____
1 vegetable _____
1 fruit _____
1 milk _____
2 fat _____

AFTERNOON SNACK Time: _____

1 starch/bread _____
1 fruit _____

DINNER Time: _____

2 starch/bread _____
3 meat _____
1-2 vegetable _____
1 fruit _____
1 milk _____
2 fat _____

EVENING SNACK Time: _____

1 starch/bread _____
1 fruit _____
1 milk _____

2000 Calorie Meal Plan

DATE _____

BREAKFAST Time: _____

1 starch/bread _____
1 meat _____
½ milk _____
1 fat _____

MORNING SNACK Time: _____

1 meat _____
1 starch _____

LUNCH Time: _____

2 starch/bread _____
2 meat _____
1 vegetable _____
1 fruit _____
1 milk _____
2 fat _____

AFTERNOON SNACK Time: _____

1 starch/bread _____
1 fruit _____

DINNER Time: _____

2 starch/bread _____
3 meat _____
1-2 vegetable _____
1 fruit _____
1 milk _____
2 fat _____

EVENING SNACK Time: _____

1 starch/bread _____
1 fruit _____
1 milk _____

2000 Calorie Meal Plan

BREAKFAST Time: _____

1 starch/bread _____

1 meat _____

½ milk _____

1 fat _____

MORNING SNACK Time: _____

1 meat _____

1 starch _____

LUNCH Time: _____

2 starch/bread _____

2 meat _____

1 vegetable _____

1 fruit _____

1 milk _____

2 fat _____

AFTERNOON SNACK Time: _____

1 starch/bread _____

1 fruit _____

DINNER Time: _____

2 starch/bread _____

3 meat _____

1-2 vegetable _____

1 fruit _____

1 milk _____

2 fat _____

EVENING SNACK Time: _____

1 starch/bread _____

1 fruit _____

1 milk _____

2000 Calorie Meal Plan

BREAKFAST Time: _____

1 starch/bread _____

1 meat _____

½ milk _____

1 fat _____

MORNING SNACK Time: _____

1 meat _____

1 starch _____

LUNCH Time: _____

2 starch/bread _____

2 meat _____

1 vegetable _____

1 fruit _____

1 milk _____

2 fat _____

AFTERNOON SNACK Time: _____

1 starch/bread _____

1 fruit _____

DINNER Time: _____

2 starch/bread _____

3 meat _____

1-2 vegetable _____

1 fruit _____

1 milk _____

2 fat _____

EVENING SNACK Time: _____

1 starch/bread _____

1 fruit _____

1 milk _____