General Recommendations for GDM from non-RD

* Avoid fruit (all forms) at breakfast (most CHO sensitive in am and also the most insulin resistant)
* Limit milk at breakfast to ½ cup until seen by RD
* Eat 3 meals + 1 or 2 snacks with at least 2 hours between meals and snacks
* Snacks should be smaller than meals
* Bedtime snack should be 1-2 servings of carbohydrates and 1 oz protein (ex: 6 saltines and 1 oz cheese or peanut butter, or 1 oz lean meat)
* Meals should be at consistent times (trains the body to be more efficient on insulin production and use)
* Until seen by RD, limit refined sugars, avoid fruit juice, avoid regular soda, avoid sports drinks, avoid energy drinks, avoid sweetened coffee/tea, avoid refined breakfast cereals (Capt Crunch, Fruit Loops, etc.), avoid instant mashed potatoes and noodles
* Emphasis on whole grains, legumes, fresh fruits, fresh vegetables
* As tolerated, remain active for 10-15 minutes after meals. If you sit down, you can do chair exercises. (blunts the immediate after-meal glucose rise)
* Stay hydrated. Starting late morning, urine should be pale lemonade or lighter.
* Adequate sleep
* Relaxation and other stress management techniques
* Reinforce that they need to visit with an RD for further education