

Gestational Diabetes: Eating after you have your baby

Taking care of yourself after Gestational Diabetes

Women who have had Gestational Diabetes (GDM) during their pregnancy are at a higher risk of getting Type 2 diabetes later in life. They also have an increased risk of getting GDM in any future pregnancies. Approximately 50% of women who have had GDM will develop Type 2 diabetes within 10 years.

After baby is born, your blood sugar level usually returns to normal. Because you have had diabetes during your pregnancy, you have a risk of developing diabetes later in life.

- Do an HbA1c (blood test) when your baby is 10-12 weeks old, to make sure your diabetes has gone away.
- If your HbA1c is normal, see your GP each year around baby's birthday for a diabetes check-up.
- If you have any symptoms of diabetes, see your GP e.g. thirst, up to the toilet a lot at night, recurrent infections and feeling tired

You will be less likely to get diabetes if you aim to reach a healthy body weight by:

- taking part in regular physical activity
- continuing with a healthy eating pattern similar to the one you followed during your pregnancy

Discussed future pregnancies - if appropriate

- Plan
- Healthy lifestyle think about food and exercise
- Weight healthy Body Mass Index (BMI) to start pregnancy.
 - To work out your BMI, see chart on back page of this booklet.
 - Every kilogram lost is associated with a 16% reduction in the risk of developing Type 2 diabetes
- **Folic acid** 0.8 mg daily for at least one month before pregnancy and for the first 3 months of the pregnancy
- HbA1c with booking bloods
 - If normal, GTT at 24 28 weeks
 - If elevated, you will be referred back to the Diabetes in Pregnancy Clinic.

Where to get support

Ministry of Health

Eating for Healthy Breastfeeding Women HE1806

Green Prescription

www.sportauckland.org.nz

BreastfedNZ App

Regular physical activity

Aim for at least 30 minutes of moderate physical activity every day. If you eat more food than your body needs, the extra energy will be stored as fat and you will put on weight.

Taking part in regular physical activity such as walking, jogging, swimming, cycling and gardening will help you lose weight and keep it off. It is recommended to start slowly and gradually increase exercise.

Walking is easy and it also costs nothing, so try walking with your partner, a friend or take your new baby for a walk. Walk at a brisk pace - fast enough to make you puff!

Consider a referral to Green Prescription – to sign up, visit the Green Prescription website: www.sportauckland.org.nz

Increased nutrition requirements for breastfeeding

- Spread your intake over the day to include three small meals with between meal snacks and supper, like you did when you were pregnant
- Remember to drink plenty of fluids e.g. water, tea and milk, as breastfeeding can make you feel very thirsty
- Getting plenty of rest is also important try and take a nap during the day when baby sleeps
- Continue taking your iodine supplement while breastfeeding

A healthy eating pattern

A healthy eating pattern includes:

- eating a variety of foods each day from the four food groups so you get all the nutrients needed to keep you healthy
- eating three regular meals and small between meal snacks each day
- watching sugar, fat and salt intakes
- drinking plenty of water aim for 10 cups of fluid each day and include other beverages such as tea and coffee and avoid sweet drink

The four food groups

Vegetables and Fruits

Provide us with carbohydrates, as well as fibre, vitamins and minerals

Breads and cereals

Choose mostly wholegrain and those naturally high in fibre. Breads and cereals provide us with fibre and B vitamins as well as being a good source of carbohydrates for energy

Milk and milk products

Choose reduced or low fat milk and dairy products/dairy alternatives. Dairy provide us with protein and calcium

Lean meats, chicken, seafood, eggs, cooked dried beans, peas, lentils, nuts and seeds

These provide us with protein, iron, zinc and other nutrients

Fat

Reducing your fat intake will help you return to your pre-pregnancy weight faster. Tips to help eat less fat:

- buy lean meats, cut the fat off meat and take the skin off chicken before cooking
- cook the low fat way steaming, grilling, baking, boiling and microwaving
- only use small amounts of oil and margarine for cooking and spreads

Iron and calcium

Pregnant and breastfeeding women have increased needs for both iron and calcium.

Iron found in meats, chicken and seafood is more easily absorbed than the iron found in cooked dried beans, peas and lentils, so it is a good idea to include some vitamin C rich foods such as oranges, tomatoes, kiwifruit and broccoli to help absorb iron.

Dairy products are a very good source of calcium. Canned salmon and sardines, tofu, cooked soya beans and green vegetables also contain smaller amounts of calcium.





Alcohol

If breastfeeding, remember that alcohol passes into the breast milk. Drink alcohol in moderation - only one to two standard drinks occasionally and always eat food when you drink. Alcohol supplies extra calories, therefore drinking alcohol can make losing weight more difficult.

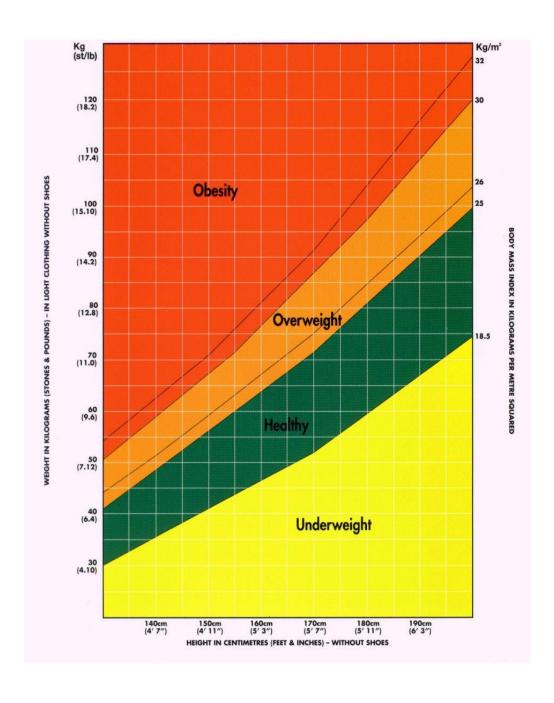
It is safest to avoid drinking alcohol while breastfeeding as there is no 'safe period' when alcohol exposure is less risky.

Quick and easy healthy snack ideas for new mothers

- A glass of low/reduced fat milk
- Milk made into a milkshake or fruit smoothie, with your favorite fruit or yoghurt
- A pottle of yoghurt
- A piece of fresh fruit
- Cereal and milk
- A small bran muffin
- Grainy fruit bread
- Cup of soup
- Popcorn
- A baked jacket potato cooked in the microwave
- Baked beans with a little grated cheese on top
- Crackers, toast or bread (try different varieties e.g. wholegrain, rye, pita, pumpernickel, chia, ancient grains) with the following toppings / fillings:
 - o tuna, cottage cheese and alfalfa sprouts
 - o tuna, reduced calorie dressing and lettuce
 - sliced chicken with reduced calorie dressing, finely chopped parsley and beansprouts
 - lean ham and pickle with green/red pepper slices
 - mashed hardboiled egg with low fat yoghurt and a little curry powder
 - o grated cheese, celery leaves and sliced tomato
 - cottage cheese with sliced cucumber, lettuce and red/green pepper slices

You can also add: grated carrot, courgette, sliced celery, finely sliced / chopped onion or spring onion, grated / sliced radish, pickled onion or gherkins, Marmite* / Vegemite*, peanut butter, avocado

^{*}Registered Brand Names







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Women's Health information Unit <a href="https://hittps