

# How to Prevent Gestational Diabetes

The following suggestions on how to prevent gestational diabetes are taken from an article in *Midwifery Today*, Volume 93, Spring 2010. I have simply put them in a different format.

In my midwifery practice, I test my clients for sugar in their urine every prenatal visit. If someone has sugar in their urine, it means that something is out of whack, or she had a big glass of lemonade on her way to her prenatal appointment. Here are some common-sense guidelines to keep from getting gestational diabetes.

1. Check the amount of sugar in the items you eat, such as cereal, yogurt, pizza, etc. Remember that sugar goes by many names, like sucrose, fructose, glucose, corn syrup, high fructose corn syrup, etc.
2. Don't use milk as your only protein source at a meal, as the lactose in it is also a sugar.
3. Use the Brewer Pregnancy Diet as much as possible. You can print the simple diet I have on my website and use it, if you like.
4. Eat a variety of whole, healthy foods and less straight sugar. Try to do most of your own cooking.
5. Eliminate sodas, white flour, high fructose corn syrup, and white sugar from your diet.
6. Eat desserts only occasionally.
7. If you eat anything with a sugar content of more than 6 grams, accompany it with some kind of protein.
8. If you eat cereal, make sure it has at least 5 g of protein, 5 g of fiber, and no more than 10 g of sugar. Add a handful of almonds to bring the protein content up.
9. Potatoes are not evil, but combine them with protein.
10. Pop-tarts, Danish, and donuts are not breakfast; they are desserts. Instead of a bagel and cream cheese for breakfast (low in protein and high in saturated fats and lactose) try a whole grain high-fiber bread source and top it with real cheese or peanut butter.
11. Remember to eat a variety of fruits and vegetables in their natural state.
12. Limit fruit juices; they are very high in concentrated sugar.