

# Diabetes Education

— An individualized approach to  
your pregnancy and diet

Phone: 972-406-9911

Portal Message:

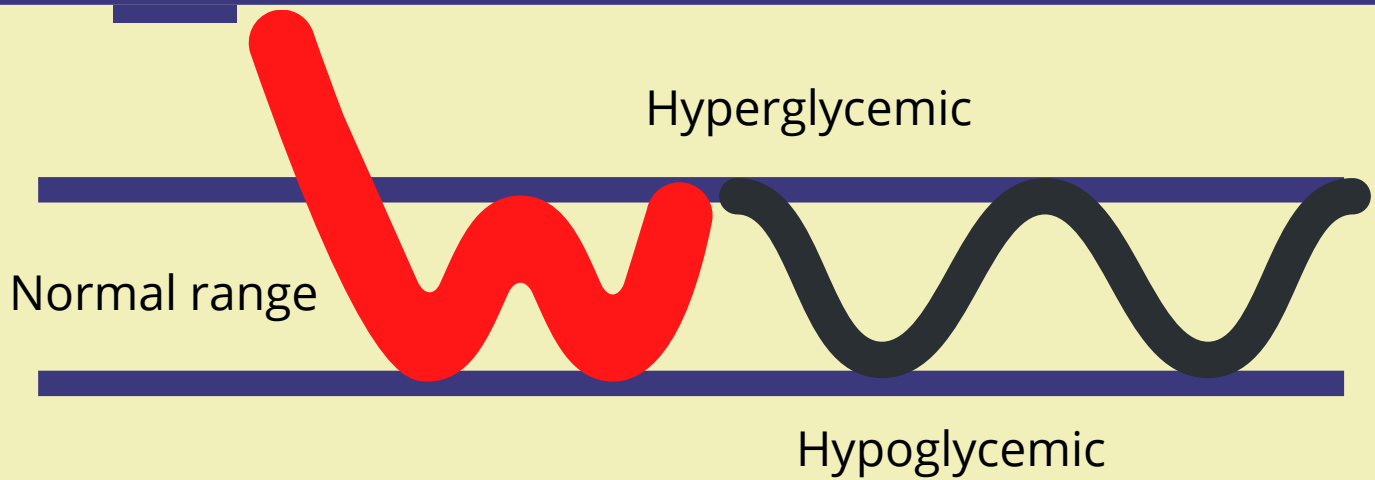
[www.nurturewomenshealth.com](http://www.nurturewomenshealth.com)

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# Goal:

## Minimize sugar fluctuations



- Diet
- Exercise
- Medication

A healthy approach to managing blood sugar will include all of these things.

Your doctor is looking for a trend of blood sugars outside of the normal range



# Carbohydrate Plan

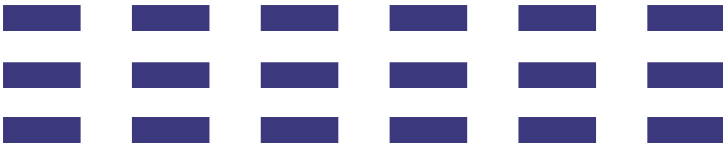
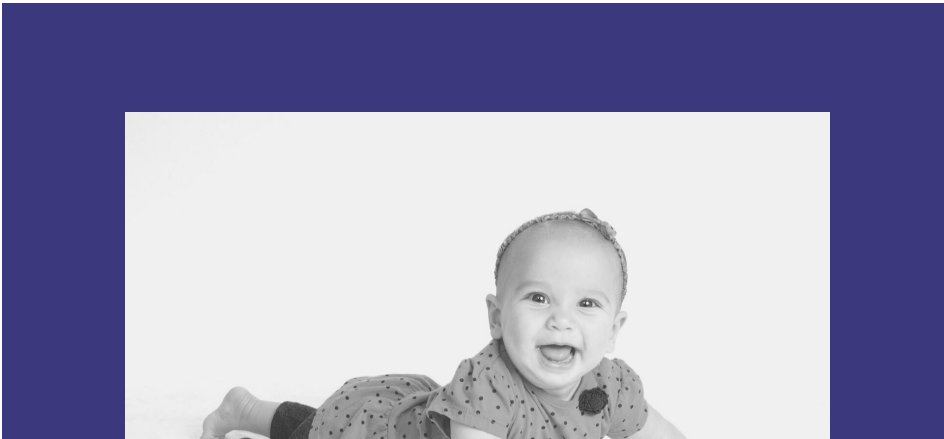
Breakfast 15-30gms

Snack 15gm

Lunch 45-60gms

Snack 15gm

Dinner 45-60gms



# Nutrition Labels

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\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Rice

Free App: CalorieKing



Yasso Bars- Ice Cream

45 Cal Bread

Fairlife Milk

Carb Balance Tortillas

Quinoa/ Brown Rice

Remember- protein slows digestion!

