## Diabetes Education

An individualized approach to your pregnancy and diet

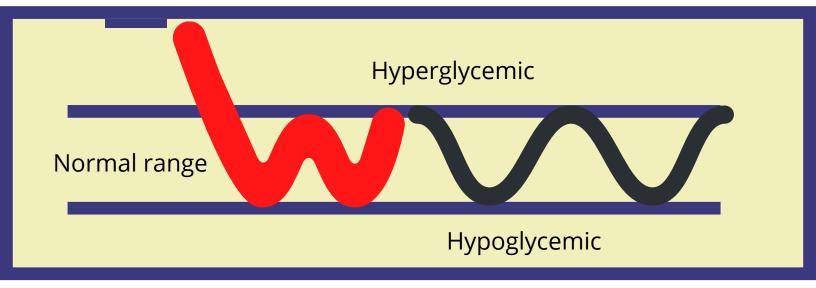
Phone: 972-406-9911
Portal Message:
www.nurturewomenshealth.com
kara.brown1@unifiedhc.com







## 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

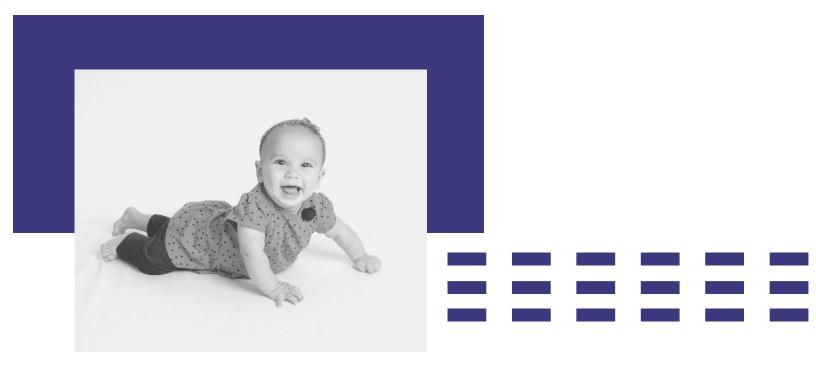
Breakfast 15-30gms

Snack 15gm

Lunch 45-60gms

Snack 15gm

Dinner 45-60gms



## Nutrition Labels

<b>Nutrition</b>	Amount/serving % Daily Value*		Amount/serving % Daily Value*			
	Total Fat 0g	0%	Total Carbohydr	<b>ate</b> 36g	13%	* The ' (DV)
acts	Saturated Fat 0g	0%	Dietary Fiber <1g		2%	much in a s
about 20 servings per container	Trans Fat 0g		Total Sugars 0g		food co	
Serving size	Cholesterol 0mg	0%	Includes 0g Added Sugars 0		0%	calori
1/4 cup (45g) dry	Sodium 0mg	0%	<b>Protein</b> 3g			used nutriti
Calories 160 per serving	Vitamin D 0mcg 0% • Thiamine 0.26mg 20% •	Calcium 10mg 0% Niacin 1.9mg 10%	<ul> <li>Iron 1.9mg 10% • I</li> <li>Folate 174mcg DFE (10)</li> </ul>	Potassium 50 04mcg folic ac	mg 0% id) 45%	

Rice

Free App: CalorieKing



Yasso Bars- Ice Cream 45 Cal Bread Fairlife Milk Carb Balance Tortillas Quinoa/ Brown Rice

Remember- protein slows digestion!

