

Carbohydrate information during pregnancy

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Information for patients



Leeds
Maternity Care

Advice on carbohydrate type and amount during pregnancy

- Avoid eating for two! The body becomes very efficient at using energy when you are pregnant. You will have a small increased calorie need in the 3rd trimester.
- Take a pregnancy multivitamin / mineral preparation. This will provide you with the 10micrograms Vitamin D you need.
- For most ladies, a carbohydrate intake of 150 – 200g / day is the best range.
- If carbohydrate intake is over 200g per day this may make it more difficult to manage blood glucose levels.
- Suggested distribution of carbohydrate through the day:
 - 20 - 30g breakfast (after 16-18 weeks 30g often not tolerated and so reduce to 20g due to increasing insulin resistance)
 - All other meals 30 – 40g CHO
 - Snacks 10 – 20g
- Smaller amounts of slow-release carbohydrate every 2-3 hours may be better tolerated.
- Mixed meals can make it difficult to estimate carbohydrate accurately. e.g. pasta bakes, stir-fries, so try and serve rice / pasta etc separately.

- If on multiple daily injections of insulin:
 - Consider eating the carbohydrate part of the meal towards the end of the meal giving the mealtime insulin time to work.
 - Bulk up with protein as this keeps you full, slows down digestion and helps mop up the tail end of the mealtime insulin action.
- Keep well hydrated as good circulation gets the insulin where it needs to be.

Breakfast ideas (20 - 30g carbohydrate)

- One slice granary / seeded toast / bread topped with 1-2 poached / scrambled / boiled eggs or mushrooms, tomatoes, low fat cheese spread, peanut butter, ham or avocado.
- One small pot (125g) Natural / Greek yoghurt with one palm size piece of fruit chopped up or one cupful of berries, topped with nuts and seeds.
- 25g jumbo oats with crème fraiche and a cup of berries

Lunch / dinner / evening meal (30 - 40g carbohydrate)

- 2-3 slices medium cut bread
- 1-1 1/2 medium pitta bread
- One medium teacake
- 3-4 egg size new potatoes
- One palm size jacket / sweet potato
- 3-4 scoops mashed potato
- 3-4 tablespoons rice, pasta, couscous
- 1-1 1/2 boiled plantain
- 1 1/2 - 2 boiled Yam
- Two side plate size Roti
- One side plate size Chapatti

Snacks containing 10-20g carbohydrate

- One palm size piece of fruit - eg apple, orange, pear, banana
- One cupful of berries
- One slice of granary bread or one mini pitta bread with low fat spread / cheese spread or peanut butter
- Two Ryvita or 2-3 oat cakes / high fibre rice cakes / crackers, topped with low fat spread, low fat hummus, salsa or peanut butter
- Two plain biscuits
- 125g pot of healthy eat / diet / low fat / light / fruit or plain yoghurt
- One slice of Malt loaf

Low carbohydrate / carbohydrate free snacks

- A handful of natural nuts and seeds
- Olives
- Avocado
- Chopped vegetables with low fat hummus, low fat cream cheese or salsa dip
- Cherry tomatoes
- Lean cooked meat / chicken mixed with peppers / tomatoes or other vegetables of your choice
- Corn on the cob
- One cupful of blueberries / raspberries / blackcurrants / cherries
- Boiled egg
- Sugar free jelly
- Cup -a- soup



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