
BLOOD GLUCOSE GOALS

The blood glucose goals recommended by the American Diabetes Association for pregnancy are lower than the goals recommended for the general population with diabetes. Goals also depend on whether you use a meter that gives whole blood or plasma glucose values.

TIME OF DAY	WHOLE BLOOD VALUES	PLASMA GLUCOSE VALUES
Fasting	60–90 mg/dl	70–105 mg/dl
Premeal	60–105 mg/dl	70–120 mg/dl
1 hour after meals	100–120 mg/dl	115–140 mg/dl
2 AM to 6 AM	60–120 mg/dl	70–140 mg/dl

HEALTHY EATING

This table shows the minimum number of daily servings from each food group needed to meet nutrient requirements on a 2400-calorie-per-day diet.

FOOD GROUP	SERVING SIZE	SERVINGS PER DAY
Grains, beans, and starchy vegetables*	1 slice bread 1/3 cup cooked beans 1/2 cup cooked cereal	6 or more
Vegetables*	1 cup raw vegetables 1/2 cup cooked vegetables 1/2 cup vegetable juice	4
Fruits*	1 small apple 1/2 medium banana 1/2 cup apple juice	3
Milk*	1 cup milk 1 cup yogurt	3
Meat and others	2 to 3 ounces of cooked lean meat, poultry, or fish 1/2 cup tofu	2
Fats, sweets, and alcohol*	Variable	Consume fats and sweets sparingly. Do not drink alcohol during pregnancy.

* The number of servings of these carbohydrate-containing foods should be individualized based on blood glucose monitoring results.

INSULIN REQUIREMENTS

