**Content for Gestational Diabetes Mellitus (GDM)**

List of abbreviation

| GDM | Gestational Diabetes Mellitus |
| --- | --- |
| Ass | Nutrition Assessment |
| Dx | Nutrition Diagnosis |
| Intvn | Nutrition Intervention |
| M&E | Nutrition Monitoring and Evaluation |
| antrop | Anthropometry |
| biochem | Biochemical |
| diet | Dietary |
| ER | Energy Requirement |
| MNT | Medical Nutritional Therapy |
| Mx | Management |

GDM\_Ass

GDM\_Ass\_1.1: Figure (Trimester and Week of Pregnancy)

GDM\_Ass\_1.2: Figure (Recommendation weight gain IOM2009)

GDM\_Ass\_1.3: Figure (Weight gain Graph)

GDM\_Ass\_2.1: Figure (Biochemical for Pregnancy)

GDM\_Ass\_3.1: Figure (insulin therapy)

GDM\_Ass\_4.1: Figure (CHO GI checklist)

GDM\_Ass\_4.2: Figure (Fat & Cholesterol checklist)

GDM\_Ass\_5.1: Figure (ER Formula)

GDM\_Dx

GDM\_Dx\_1.1: Figure (Nutrition Diagnosis)

GDM\_Intvn

**Objective :**

To achieve good glycaemic control within normal range

•Appropriate mealtime

•Strict synchronize mealtime if on insulin

•Portion size control

•Limit the simple sugar intake

•Small and frequent meal

•Hypoglycaemia Mx

•Adequate fibre intake

**Objective:**

To promote a healthy wt. gain during pregnancy

•Adequate energy and protein intake

•Promote suitable exercise FIT

GDM\_M&E

GDM\_M&E\_1.1: Figure (Monitoring and Evaluation)