

Managing low glucose levels in diet-treated gestational diabetes



Why is my glucose level low?

Sometimes your glucose level can be low in pregnancy, and this is nothing to be worried about.

If your glucose level is low, you may have symptoms such as dizziness, shaking or feeling hungry.

This is your body telling you that you need to eat more food.

How to manage a low glucose

Don't restrict your carbohydrate foods too much. These foods provide essential nutrients for you and your baby.

Include a low GI carbohydrate food with each meal.

Listen to your appetite – if you are hungry, you need to eat more! Include mid meal snacks and add extra protein or vegetables to your meals.

A guide to low GI carbohydrate foods

- 1 cup cooked rice (low GI)
- 1 cup cooked pasta (try high fibre/ pulse)
- 2-3 thin slices of bread (grain/sourdough)
- 2-3 hand-sized chapatti/roti
- 1 larger roti (dinner plate size)
- 1 wholemeal Lebanese bread (dinner plate size)
- ½ large injera OR 1 small injera
- 1 ½ cups cooked legumes
- 1 cup cooked lentils + ½ cup basmati rice
- 1 cup cooked lentils + 1 small chapatti
- 1 cup cooked lentils + ½ Lebanese bread
- 1 cup chickpeas + ½ cup basmati rice
- 1 cup cooked rice noodles
- 1 cup cooked quinoa or burghul
- ¾ cup cooked polenta/semolina/couscous
- 1 large potato (~250g)
- 1 ½ cups cooked sweet potato (~ 250g)

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Monday to Friday (8am-3pm)