

# 妊娠期糖尿病的护理

## Your Care with Gestational Diabetes

We provide a **Direct Interpreter Access Line (DIAL)** free of charge to patients who need to speak with our staff. If you have questions and would like to speak to our office, please follow these instructions:

1. Call 833-677-0905 to contact a Mandarin interpreter.
2. Ask the interpreter to call your office:
  - McCampbell Outpatient Care, 614-293-4887
  - Outpatient Care Dublin, 614-293-3069
  - Outpatient Care East, 614-293-2222
  - Outpatient Care Upper Arlington, 614-293-2222
3. The interpreter will interpret for you.

如患者需与我们的工作人员通话，我们免费提供**直接口译服务热线 (DIAL)**。如您有疑问并希望与我们的办公室取得联系，请按照以下说明操作：

1. 请致电 833-677-0905 联系普通话口译员。
2. 您可以根据自身情况请求口译员致电以下办公室之一：
  - 麦坎贝尔门诊服务 (McCampbell Outpatient Care) 614-293-4887
  - 都柏林门诊服务(Outpatient Care Dublin) 614-293-3069
  - 东部门诊服务(Outpatient Care East) 614-293-2222
  - 上阿灵顿门诊服务(Outpatient Care Upper Arlington) 614-293-2222
3. 口译员将为您提供翻译服务。

## About gestational diabetes

Gestational diabetes is high blood sugar during pregnancy. It begins between 24 and 27 weeks of pregnancy and often goes away (85 to 90% of the time) after the baby is born.

The placenta is an organ in the uterus (womb) that supplies food to your baby. The umbilical cord connects your baby to the placenta. The placenta also makes hormones that raise your blood sugar. Insulin lets your body use blood sugar for energy. Some women cannot make

## 关于妊娠期糖尿病

妊娠期糖尿病是指妊娠期间血糖升高。妊娠期糖尿病发生于 24 至 27 孕周之间，并通常于婴儿出生后 (85% 至 90% 的情况下) 消失。

胎盘是子宫供养胎儿的器官。脐带连接胎儿与胎盘。胎盘还会产生提高血糖的激素。胰



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enough insulin to cover the increased need for insulin during pregnancy. This results in gestational diabetes.

### **You can still have a healthy pregnancy and a healthy baby with gestational diabetes.**

The way to achieve this is to keep your blood sugar in a healthy range (60 to 120 mg/dl).

High blood sugar during pregnancy can cause a large baby, difficult birth or cesarean birth, high blood pressure, and preterm labor or delivery. It can also cause the baby to have breathing problems, low blood sugar, and jaundice after delivery.

### **You can help keep your blood sugar in a healthy range if you:**

- Follow your diet plan.
- Do moderate exercise.
- Check your blood sugar and share your results with your provider weekly.

## **Diet**

- You will need to manage the amount of carbohydrates in your diet to improve your blood sugar levels. The best place to start is to **make changes to the type and amount of carbohydrates you eat.**
  - **Choose complex carbohydrates,** which are higher in fiber, vitamins, and minerals, and often have a lower blood sugar response. These foods include 100% whole grains (brown or wild rice, old fashioned oats, barley, farro, quinoa), beans, lentils, whole fruits, whole wheat bread and pasta, as well as starchy vegetables like corn, green peas, and sweet potatoes.
  - **Limit refined carbohydrates.** Eating too much processed breakfast cereal, fruit juice, soda, and refined grain products (like white rice and pasta) can lead to higher blood sugar levels.
- **Eat 3 small meals and 3 snacks each day** to keep your blood sugar in a healthy range.
  - **Eat your meals and snacks at about the same times each day.** This will help to keep your blood sugar in a healthy range for your health and the growth of your baby.

胰岛素可使身体利用血糖获取能量。有些女性无法分泌充足的胰岛素来满足妊娠期间增长的胰岛素需求。上述变化可导致妊娠期糖尿病。

**遵循以下指示，妊娠期糖尿病不会影响妊娠健康和婴儿健康。**将血糖保持在健康范围内(60 至 120 毫克/分升)。

否则，妊娠期间的高血糖会导致胎儿过大、难产或剖腹产、高血压以及早产或分娩。高血糖还可能导致婴儿出现呼吸问题、低血糖和产后黄疸。

**如果您遵循以下指示，则有助于您将血糖保持在健康范围内：**

- 遵循您的饮食计划。
- 适度运动。
- 每周测量血糖并将结果告知您的医务人员。

## **饮食**

- 您需要控制饮食中碳水化合物摄入量以改善血糖水平。最好从**改变饮食中的碳水化合物类型和数量**入手。
  - **选择复合碳水化合物，**其纤维、维生素和矿物质含量较高，并且其血糖反应通常较低。复合碳水化合物包括 100% 全谷物 (糙米或菰米、传统燕麦、大麦、法罗、藜麦)、豆类、扁豆、全水果、全麦面包和面食，以及淀粉类蔬菜，如玉米、青豌豆和红薯。
  - **限制精制碳水化合物的摄入。**摄入过多早经加工的餐麦片、果汁、苏打水和精制谷物产品 (如白米和面食) 会导致血糖水平升高。
- **每天三餐少量进食，辅以三份加餐，**以将血糖保持在健康范围内。
  - **每天大约在同一时间享用三餐和加餐。**这有助于将血糖保持在健康范围内，有利于您的健康和胎儿的成长。

- ▶ **With each meal and snack, combine a carbohydrate** from the whole grains and starches, fruit, or milk groups **with a protein** or a healthy fat from the protein foods group.
- ▶ If you eat an early dinner (more than 3 hours before bedtime), eat a bedtime snack 30 to 60 minutes before bed. The snack should have a serving of carbohydrates and a serving of protein foods to keep blood sugar levels stable overnight.
- **Drink water, no-calorie beverages, or low fat milk.**
- Some over the counter medicines, like Tums and cough syrups, have sugar or simple carbohydrates. Your pharmacist can help you **choose sugar free over the counter medicines.**
- ▶ **每顿正餐和每次加餐中**，将全谷物和淀粉、水果或牛奶中的碳水化合物搭配蛋白质类食物中的**蛋白质**或健康脂肪。
- ▶ 如果您的晚餐时间较早(睡前 3 小时以上)、请在睡前 30 至 60 分钟摄入睡前加餐。加餐应包括一份碳水化合物和一份蛋白质，以保持夜间血糖水平稳定。
- **饮用水、无热量饮料或低脂牛奶。**
- 一些非处方药，如 Tums 和止咳糖浆，含有糖或简单碳水化合物。您的药剂师可以帮助您**选择无糖非处方药。**

## Plate Method

## 餐碟饮食法



The Plate Method is a easy way to **keep carbohydrates to a moderate amount at meals** to improve blood sugar levels.

1. Divide an 9-inch plate into 3 equal parts. Fill the first part of the plate with **non-starchy vegetables**.

餐碟饮食法是一种**在膳食中保持适量碳水化合物**的简单方法，可以改善血糖水平。

1. 将 9 英寸的餐碟分成 3 等份。第一部分盛装**非淀粉类蔬菜**。

- This is about 1 to 2 servings of non-starchy vegetables.
- 2. Fill the second part of the plate with **carbohydrates**, like whole grains, starchy vegetables (corn, peas, and sweet potatoes), fruit, milk, or yogurt.
  - This is about 2 to 4 servings of carbohydrates.
- 3. Fill the third part of the plate with **protein foods**.
  - This is about 3 to 4 servings of protein foods.
- 4. **Keep added fats to small amounts.**
- 5. **Drink mostly water** with your meals and snacks. Aim for 8 (8 ounce) glasses of water each day.

## Food Groups

### Non-starchy vegetables

- Have little effect on blood sugar.
- 1 serving equals 5 grams of carbohydrates.
- 1 serving =
  - 1 cup raw vegetables or salad greens
  - ½ cup cooked vegetables
  - ½ cup vegetable juice
- Examples include: artichoke, asparagus, bean sprouts, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, green or yellow beans, salad greens, mushrooms, onions, peppers, radish, snow peas, sugar snap peas, tomatoes, turnips, yellow squash, and zucchini.



### Carbohydrates (includes whole grains and starches group, fruit group, and milk group)

#### Whole grains and starches group:

- **Choose whole grains** (like brown rice and whole wheat pasta) **over refined grains** (like white rice and pasta).

- 非淀粉类蔬菜大约是 1 到 2 份。
- 2. 第二部分盛装**碳水化合物**，例如全谷物、淀粉类蔬菜 (玉米、豌豆和红薯)、水果、牛奶或酸奶。
  - 碳水化合物大约是 2 到 4 份。
- 3. 第三部分盛装**蛋白质食物**。
  - 蛋白质食物大约是 3 到 4 份。
- 4. **添加少量脂肪。**
- 5. 正餐和加餐时**饮用大部分水量**。目标是每日饮用 8 杯 (8 盎司) 水。

## 食物类别

### 非淀粉类蔬菜

- 对血糖影响甚微。
- 1 份相当于 5 克碳水化合物。
- 1 份 =
  - 1 杯生蔬菜或沙拉蔬菜
  - ½ 杯煮熟的蔬菜
  - ½ 杯蔬菜汁
- 例如：洋葱、芦笋、豆芽、甜菜、白菜、西兰花、抱子甘蓝、卷心菜、胡萝卜、花椰菜、芹菜、黄瓜、青豆或黄豆、沙拉蔬菜、蘑菇、洋葱、辣椒、萝卜、荷兰豆、甜豌豆、西红柿、芜菁、黄色南瓜和绿皮西葫芦。

### 碳水化合物 (包括全谷物和淀粉类、水果类和牛奶类)

#### 全谷物和淀粉类:

- **选择全谷物** (如糙米和全麦面食) **而不是精制谷物** (如白米和面食)。



- 1 serving equals 15 grams of carbohydrate.
- 1 serving =
  - 1 slice of bread
  - 1 small roll
  - 1/4 of a bagel
  - 1/2 of a hamburger bun or English muffin
  - 1, 6-inch tortilla
  - 1/3 cup cooked rice, pasta, barley, quinoa, or couscous
  - 1/2 cup cooked bulgur wheat, lentils or legumes (dried beans or peas)
  - 1/2 cup corn, sweet potato or green peas
  - 3 ounce baked sweet or white potato with skin
  - 1/2 cup cooked cereal
  - 3/4 cup unsweetened dry cereal
  - 3/4 ounce of pretzels
  - 3 cups hot air popped or microwave popcorn with no more than 3 grams of fat per serving



- 1 份相当于 15 克碳水化合物。
- 1 份 =
- 1 片面包
  - 1 小卷
  - 1/4 块百吉饼
  - 1/2 个汉堡面包或英式松饼
- 1, 6 英寸玉米饼
- 1/3 杯煮熟的米饭、意大利面、大麦、藜麦或蒸粗麦粉
- 1/2 杯煮熟的小麦、扁豆或豆类 (干豆或豌豆)
- 1/2 杯玉米、红薯或青豆
- 3 盎司带皮烤红薯或土豆
- 1/2 杯煮熟的麦片
- 3/4 杯不加糖的干麦片
- 3/4 盎司椒盐卷饼
- 3 杯热风爆米花或微波炉爆米花, 每份脂肪含量不超过 3 克

### 水果类:

#### Fruit group:

- Pregnant women should eat fruit every day.
- 1 serving equals 15 grams of carbohydrate.
- 1 serving =
  - 1 cup fresh melons or berries
  - 3/4 cup fresh pineapple
  - 1/2 cup fresh grapes
  - 1 small fresh fruit, such as an apple the size of a baseball
  - 1/2 of a large piece of fresh fruit, such as 1/2 of a large banana or large pear
  - 1/2 cup canned fruit in juice
  - 2 tablespoons of dried fruit
  - 4 ounces of 100% fruit juice, unsweetened

- 孕妇应每日摄入水果。
- 1 份相当于 15 克碳水化合物。
- 1 份 =
  - 1 杯新鲜瓜块或浆果类
  - 3/4 杯新鲜菠萝
  - 1/2 杯新鲜葡萄
  - 1 个新鲜小水果, 例如棒球大小的苹果
  - 1/2 个大块新鲜水果, 例如 1/2 个大香蕉或大梨
  - 1/2 杯罐头水果果汁
  - 2 汤匙干果
  - 4 盎司纯果汁, 不加糖



**Milk group:**

- Pregnant women should drink milk or eat yogurt every day.
- 1 serving equals 15 grams of carbohydrates.
- 1 serving =
  - 1 cup (8 ounces) fat free or low fat milk
  - 1 cup (8 ounces) of plain yogurt
  - 6 ounces of light yogurt or Greek yogurt

**Protein foods**

- These foods have little effect on blood sugar.
- Avoid meats that are high in saturated fat, such as bacon and sausage.
- **Include 3 servings of protein with each meal and 1 serving of protein with each snack.**
- 1 serving =
  - 1 egg, 2 egg whites or ¼ cup egg substitute
  - 1 ounce turkey breast or chicken breast, skin removed
  - 1 ounce lean lunch meat with 3 grams or less of fat per ounce
  - 1 ounce fish fillet
  - 1 ounce canned tuna in water
  - 1 ounce shellfish
  - 1 ounce lean beef, lamb or pork (limit to 1 to 2 times per week)
  - 1 ounce of cheese (limit cheese to 1 to 2 ounces per day)
  - ¼ cup nonfat or low-fat cottage cheese

**奶类:**

- 孕妇应每日饮用牛奶或食用酸奶。
- 1 份相当于 15 克碳水化合物。
- 1 份 =
  - 1 杯 (8 盎司) 脱脂或低脂牛奶
  - 1 杯 (8 盎司) 原味酸奶
  - 6 盎司淡味酸奶或希腊酸奶

**蛋白质食物**

- 这类食物对血糖影响甚微。
- 避免食用饱和脂肪含量高的肉类，例如培根和香肠。
- **每次正餐含 3 份蛋白质，每次加餐含 1 份蛋白质。**
- 1 份 =
  - 1 个鸡蛋、2 个蛋白或 ¼ 杯鸡蛋代用品
  - 1 盎司去皮火鸡胸肉或鸡胸肉
  - 1 盎司瘦午餐肉，每盎司脂肪含量不超过 3 克
  - 1 盎司鱼片
  - 1 盎司水浸金枪鱼罐头
    - 1 盎司贝类
    - 1 盎司瘦牛肉、瘦羊肉或瘦猪肉(每周限制为 1 至 2 次)
    - 1 盎司奶酪(每天限制为 1 至 2 盎司)
    - ¼ 杯脱脂或低脂农家干酪

- ▶ ½ cup cooked beans (black beans, kidney, chickpeas, or lentils): count as 1 serving of carbohydrates and 1 serving of protein foods
- ▶ 4 ounces tofu
- ▶ 2 tablespoons peanut butter
- ▶ 2 tablespoons seeds
- ▶ 1 ounce nuts



- ▶ ½ 杯煮熟的豆类 (黑豆、芸豆、鹰嘴豆或扁豆): 计为 1 份碳水化合物和 1 份蛋白质食物
- ▶ 4 盎司豆腐
- ▶ 2 汤匙花生酱
- ▶ 2 汤匙种子
- ▶ 1 盎司坚果

## Fats

Limit the amount of fats (oil, butter, margarine, mayonnaise, salad dressing, and cream cheese) and fried foods you eat. Try to bake or broil your foods more often.

## Sweets and Added Sugars

Try to avoid adding table sugar, honey, or other sweeteners to your foods or beverages. Limiting sweets will help to keep your blood sugar in a healthier range.

## Healthy Snacks

Snacking can be a part of a healthy diet, ensuring your body gets the energy it needs every 3 to 4 hours. Snacks that combine carbohydrates with fiber and protein and that are low in sugar are better at managing blood sugar and appetite.

### How to create a healthy, balanced snack:

1. Choose **1 carbohydrate (carb)** from the carb list below.
2. Choose **1 protein food** from the protein list below.

For example: 1 small apple (carb) and 1 tablespoon natural peanut butter (protein).

#### Carb:

- 1 small apple
- ½ large banana or pear
- ¾ cup blueberries
- ½ cup fruit, such as grapes, pineapple, or peaches
- 5 to 6 whole wheat crackers
- 1 slice whole wheat toast

## 脂肪

限制脂肪 (油、黄油、人造黄油、蛋黄酱、沙拉酱和奶油干酪) 和油炸食物的摄入量。尝试增加通过烘烤烹饪食物的频次。

## 甜食和添加糖

尽量避免在食物或饮料中添加蔗糖、蜂蜜或其他甜味剂。限制甜食将帮助您将血糖保持在更健康的范围内。

## 健康加餐

加餐可以成为健康饮食的一部分，确保您的身体每 3 到 4 小时获得所需的能量。合理搭配碳水化合物与纤维和蛋白质且含糖量低的加餐可以更好地控制血糖和食欲。

### 如何制作健康且营养均衡的加餐:

1. 从下列碳水化合物列表中选择 **1 份碳水化合物 (carb)**。
2. 从下列蛋白质列表中选择 **1 份蛋白质食物**。

例如: 1 个小苹果 (碳水化合物) 和 1 汤匙天然花生酱 (蛋白质)。

#### 碳水化合物:

- 1 个小苹果
- ½ 个大香蕉或大梨
- ¾ 杯蓝莓
- ½ 杯水果(块), 如葡萄、菠萝或桃子
- 5 到 6 片全麦饼干
- 1 片全麦吐司



**Protein:**

- 1 tablespoon natural peanut butter
- 1 hard-boiled or scrambled egg
- ½ cup tuna, chicken, or egg salad made with light mayonnaise or yogurt
- ¼ cup nuts, such as walnuts and almonds
- 1 ounce cheese

**Sample Menu**

Here is an example of a **meal** with:

- 1 serving of **non-starchy** (1 cup of spinach)
- 2 servings of **carbohydrates** (⅔ cup of brown rice)
- 3 servings of **protein foods** (3 ounces of salmon)

Portions were measured using the Plate Method.



Here is an example of a **snack** with **1 carbohydrate** (½ banana) and **1 protein food** (1 ounce nuts).

**Exercise**

**Exercise at least 30 minutes on most days of the week.** This will help keep your blood sugar in a healthy range. One, 30-minute session of exercise can improve how your body uses glucose (blood sugar) for up to 48 hours.

**运动**

**每周有多天至少运动半个小时。**这将帮助您将血糖保持在健康范围内。

一次 30 分钟的锻炼可以改善身体利用葡萄糖 (血糖) 的方式, 并持续长达 48 小时。

**蛋白质:**

- 1 汤匙天然花生酱
- 1 个煮鸡蛋或炒鸡蛋
- ½ 杯用淡蛋黄酱或酸奶制成的金枪鱼沙拉、鸡肉沙拉或鸡蛋沙拉
- ¼ 杯坚果, 例如核桃和杏仁
- 1 盎司奶酪

**菜单示例**

以下是一顿正餐示例:

- 1 份**非淀粉类蔬菜** (1 杯菠菜)
- 2 份**碳水化合物** (⅔ 杯糙米)
- 3 份**蛋白质食物** (3 盎司鲑鱼)

使用餐碟饮食法测量食物份量。

以下是一次加餐示例

- 1 份碳水化合物** (½ 个香蕉) 和
- 1 份蛋白质食物** (1 盎司坚果)。



## Checking your blood sugar

Check your blood sugar:

- When you first get up in the morning before eating, This is called your **fasting blood sugar**.
- 2 hours after the start of each meal.

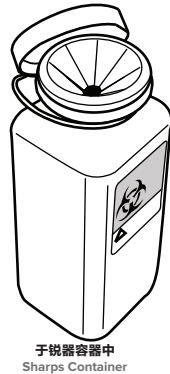
Wash your hands with warm water and soap before you do a blood sugar check.

Use a different finger each time you do a blood sugar check to reduce infection and soreness. Avoid using the tip of the finger as this is the most sensitive area of the finger, and you may feel more pain here.

Remember to throw lancets away in a sharps container. You can buy a sharps container at a drug store or use an empty, heavy plastic bottle with a lid, like a bleach or liquid detergent bottle.

**Record the results on your blood sugar record. Send in your blood sugar record each week for review by your provider.**

We will let you know your provider's recommendations the next day.



## 测量血糖

测量血糖:

- 早起进食前(称为**空腹血糖**)。
- 每餐后 2 小时。

测量血糖前, 用温水和肥皂洗手。

每次测量血糖时使用不同的手指, 以降低感染几率并减轻疼痛。

避免使用指尖, 因为该部位是手指最敏感的区域, 故疼痛感受更敏锐。

请务必将刺血针丢弃于锐器容器中。您可以在药店购买锐器容器, 或使用带盖的重型空塑料瓶, 例如漂白剂或液体洗涤剂瓶。

**将结果记录在血糖记录上。每周发送血糖记录以供医务人员审核。**我们将在第二天告知您医务人员的建议。

## After delivery

### Breastfeeding

Gestational diabetes should not prevent you from breastfeeding. Breastfeeding has health benefits for both you and your baby, including lowering the risk of type 2 diabetes.

### Your Care

Talk to your OB doctor about testing for diabetes 6 to 12 weeks after delivery.

You are 90% more likely to have gestational diabetes in a future pregnancy. Get tested for diabetes early in any future pregnancies.

## 分娩后

### 母乳喂养

妊娠期糖尿病不应妨碍您母乳喂养。母乳喂养对您和婴儿均可带来健康获益, 包括降低患上 2 型糖尿病的风险。

### 医疗护理

与您的产科医生讨论产后 6 至 12 周进行糖尿病检测的事宜。

下次妊娠时, 您再患妊娠期糖尿病的几率将会升高 90%。未来任一次妊娠时, 均请尽早接受糖尿病检测。

See your primary care doctor each year for a checkup. Tell your primary care doctor that you had gestational diabetes. Your doctor will check you regularly for type 2 diabetes. 50% of women diagnosed with gestational diabetes will develop type 2 diabetes in their lifetime. Follow the healthy habits you developed during your pregnancy to reduce your risk of developing type 2 diabetes.

每年前往您的初级保健医生处进行检查。告知您的初级保健医生您曾患妊娠期糖尿病。您的医生会定期检查您是否患有 2 型糖尿病。一半曾患妊娠期糖尿病的女性未来会患上 2 型糖尿病。遵循您在妊娠期间养成的健康习惯有助于降低患上 2 型糖尿病的风险。

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**本手册仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。**如需了解更多健康信息，请致电 614-293-3707 或发送邮件至 [health-info@osu.edu](mailto:health-info@osu.edu)。联系 Library for Health Information。

**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.** For more health information, contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).

