



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Healthy eating with Type 2 diabetes in pregnancy

Dietetics

Patient information

## What is this information about?

This information is about healthy eating for people with type 2 diabetes who are also pregnant.

If you have any questions about diet, pregnancy, or diabetes, please ask your midwife or dietitian.

## Why have I been given this information?

You've been given this information to help you manage your type 2 diabetes during pregnancy.

**It provides guidance on:**

- maintaining a balanced diet
- understanding blood glucose targets.

This information will help you make informed decisions about your diet and health to ensure both you and your baby stay healthy throughout your pregnancy.

## What blood glucose target should I aim for during pregnancy?

**Keep your blood sugar within these ranges:**

- **On waking:** less than 5.3mmol /L
- **At one hour after your meals:** less than 7.8 mmol/L.

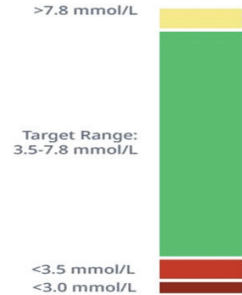
You can do blood sugar level check by doing **a finger-prick** test when needed.

# What about if I use continuous glucose monitoring (CGM)?

If you are using a glucose sensor, your targets are:

- As much time as possible (70% or more) in the healthy range 3.5 – 7.8 mmol/l
- Less than 4% below 3.5 mmol/l
- Less than 1% below 3.0 mmol/l.

Pregnancy:  
Gestational & Type 2  
Diabetes<sup>5</sup>



Taken from **Benefits of Real-Time Continuous Glucose Monitoring in Pregnancy** Yamamoto and Murphy 2021

## What is Time in range (TIR)?

This means the amount of time your blood glucose is in the ideal range which is 3.5 to 7.8 mmol/l during pregnancy.

You will need to change the settings on CGM to the pregnancy targets (3.5-7.8 mmol/l) as they are usually set to non-pregnancy targets of 3.9 to 10 mmol/l.

## What is the recommended Time in Range (TIR) targets for diabetes management?

You should aim to keep your levels within the target range for most of the time.

Every extra 5% time in range has benefits for you and your baby.

# How can I manage my type 2 diabetes during pregnancy?

## You might:

- take tablets like Metformin to manage diabetes during pregnancy.
- inject insulin to control your blood sugar levels. Insulin can be:
  - Long-acting insulin once or twice a day
  - Rapid-acting insulin with meals.

Please ask your diabetic nurse if you would like more information about different types of insulin.

For the best results, aim for regular meals with consistent carbohydrate portions.

If your meal has no carbohydrates, rapid-acting insulin is not necessary.

## What should I do if I experience Hypoglycaemia?

Treat hypoglycaemia (or 'hypo') if your blood glucose level is below 4 mmol/L. Symptoms include:

- shaking
- feeling hot and sweaty
- confusion
- blurred vision
- hunger.

Check your blood glucose to confirm it's a hypo. If so, follow these steps:

### Step 1

Consume 15-20g of rapid-acting carbohydrate, such as:

- 220ml Lucozade Original
- 150ml Cola or another non-diet fizzy drink

- 5-6 Dextrose Energy tablets
- 4-5 Lift Glucose Chews
- 3 heaped teaspoons of sugar
- 4-5 Maynards wine gums
- 4 jelly babies
- 200ml of pure juice (this is more slowly absorbed than above choices).

## Step 2

Wait 5-10 minutes, then re-check your blood glucose. If it's still below 4 mmol/L, repeat Step 1.

## Step 3

Once your blood glucose is above 4 mmol/L, have 15-20g of slower-acting carbohydrates, such as:

- 1 slice of bread
- 1 piece of fruit
- 300ml glass of milk.

## Which foods cause my blood glucose levels to rise?

We eat three main groups of nutrients:

- **Fats and proteins.** These do not affect your blood glucose levels. The amount of these that you eat, especially fat, can affect your weight though. Include some healthy fats and lean proteins in your meals to:
  - help manage your glucose level after you have eaten
  - help you to feel fuller for longer.
- **Carbohydrates.** These are the foods that have the most effect on blood glucose levels. All carbohydrates are broken down into sugar (glucose). This glucose is taken into your blood stream and makes your blood glucose levels rise. You need

a regular supply of carbohydrate to 'fuel' over the day. The insulin your body makes helps you to use this glucose for energy.

It is important to spread carbohydrate foods evenly over the day and to avoid large portions.

Blood glucose monitoring will help you to understand how different carbohydrate foods and portions affect your blood glucose levels.

**There are 4 main types of carbohydrate:**

- starch (for example, potatoes or pasta)
- sugar (glucose or sucrose)
- fruit sugar (fructose)
- milk sugar (lactose).

## Carbohydrates

**Foods containing carbohydrates:**

- sugar. For example, glucose and fructose, coconut sugar, date syrup, agave, molasses, condiments and sauces
- breakfast cereals and cereal based products
- fruit and fruit juices
- pasta and grains. For example, rice, couscous, bulgur wheat
- all types of bread and bread products
- milk and milky products. For example, yoghurt and ice cream (but not butter or cream)
- pulses. For example, peas, beans and lentils
- potatoes and yams
- snacks such as biscuits, cakes, crisps and cereal bars
- confectionary such as sweets and chocolates
- pies, pasties, and pastry products.

## Portion sizes for carbohydrates

- At mealtimes, aim to have no more than 1 fist sized portion (or 30-40g) of starchy carbohydrate.
- Try to limit snacks to no more than 10g carbohydrate. (Please ask your dietitian for a low carbohydrate snack list for some ideas).
- Choose low GI (glycaemic index) starches whenever possible. These are broken down into sugars more slowly and cause less of a rise in your blood glucose.
- Eat regular meals.
- Sugary foods should be kept to a minimum.
- Replace larger portions of starchy foods with extra vegetables or low-fat proteins such as chicken, fish, beans and pulses.



Fist sized portion

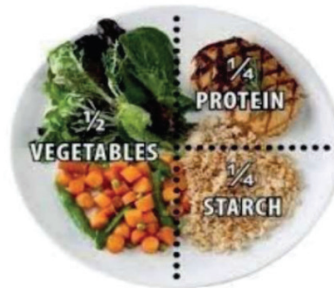


Illustration showing a healthy portion (quarter of a plate) of starchy carbohydrate (starch)

## What portion size of different carbohydrate food types will provide 30g of carbohydrate?

Food amount which provides 30g carbohydrate	
<b>Bread</b>	<p>2 medium cut slices from a large loaf</p> <p>1½ thick slices from a large loaf</p> <p>1 wrap or tortilla, approx. 26cm / 10 inches</p> <p>1 medium pitta bread (60g)</p> <p>1 mini size naan bread (round, 60g)</p> <p>1 ½ x 10 inch cooked chapatti (65g)</p>
<b>Potatoes</b>	<p>5-6 egg-sized boiled new potatoes (180g)</p> <p>180g mashed potatoes (with milk or butter)</p> <p>3-4 egg sized roast potatoes (120g)</p> <p>150g mashed sweet potato</p> <p>1 small jacket potato (150g cooked)</p> <p>7-10 deep fried chips (80g)</p> <p>10-15 oven chips (100g)</p>
<b>Rice and Grains (cooked)</b>	<p>3 tablespoons or 100g cooked rice</p> <p>3 tablespoons or 100g cooked couscous</p> <p>4-5 tablespoons or 170g cooked quinoa</p> <p>5 tablespoons or 200g cooked bulgar wheat</p> <p>4-5 tablespoons or 195g cooked polenta</p>
<b>Pasta (cooked)</b>	<p>3 tablespoons or 100g cooked</p>
<b>Noodles (cooked)</b>	<p>3 tablespoons or 80g cooked egg noodles</p> <p>4 tablespoons or 100g cooked rice noodles</p>

## Breakfast cereals

Small bowl (220g) porridge  
27g oats made with milk Large bowl (365g)  
porridge  
45g oats made with water 35g or  
3 tablespoons Bran Flakes, Malted Wheats,  
no added sugar Museli, Special Flakes with  
berries  
2 wheat biscuits  
2 oat biscuits  
2 wheat pillows

## What do I need to know about eating at breakfast time?

You have been asked to test your blood glucose levels before your breakfast and one hour after all meals.

It can be harder to control your blood glucose after breakfast than it is for other meals. This is because your placenta makes high levels of hormones around breakfast time, especially in the third trimester of your pregnancy.

You are likely to need to eat less carbohydrates at this time of the day.

### Do try:

- ✓ eating more protein-based foods at breakfast time.  
These can help you to feel fuller for longer and slows down digestion. Try to eat protein sources for breakfast, for example eggs, cheese, nuts, nut butters or plain yoghurt.
- ✓ splitting your breakfast into two sessions.

For example, have half of your usual breakfast when you get up and then have the other half as a mid-morning snack.

## What breakfasts could I have that contain 20 to 35g of carbohydrate (CHO)

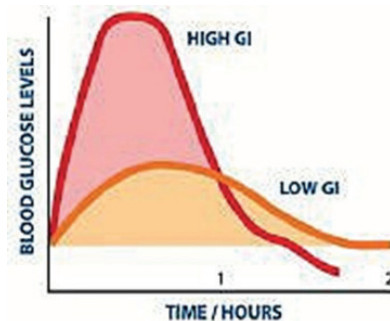
Breakfasts that contain 20-25g Carbohydrate	Breakfasts that contain 30-35g Carbohydrate
<p>200g strained Greek yoghurt (10g CHO)</p> <p><b>WITH</b> 80g raspberries &amp; 80g blueberries (8g CHO)</p> <p><b>AND</b> 6 walnut halves (0g CHO)</p>	<p>1 plain pancake (44g weight) (12g CHO)</p> <p><b>WITH</b> 100g strained Greek yoghurt (5g CHO)</p> <p><b>AND</b> 1/2 a medium banana sliced (10g CHO)</p>
<p>1 thick slice granary toast (24g CHO)</p> <p><b>WITH</b> ham or/and eggs (0g CHO)</p>	<p>30g granola (20g CHO)</p> <p><b>WITH</b> 100g milk (5g CHO)</p> <p><b>AND</b> 50g raspberries (5g CHO)</p>
<p>1 whole wheat pitta bread (25g CHO)</p> <p><b>WITH</b> cream cheese (0g CHO)</p> <p><b>AND</b> 1 sliced tomato (0g CHO)</p>	<p>25g porridge oats with 100ml milk (22g CHO)</p> <p><b>AND</b> 3 strawberries (3g CHO)</p> <p><b>AND</b> 1/2 a medium banana (10g CHO)</p>
<p>1 thick slice of granary/wholemeal toast (24g CHO)</p> <p><b>WITH</b> mushrooms/tomatoes/peanut butter (0g CHO)</p>	<p>2 slices of medium sliced granary bread (30g CHO)</p> <p><b>WITH</b> smashed avocado and chopped tomato (0g CHO)</p>
<p>2 egg omelette (0g CHO)</p> <p><b>WITH</b> cheese, tomatoes, onion and spinach (0g CHO)</p> <p><b>AND</b> 1 egg size potato (10g CHO) or 1 slice of medium sliced toast (15g CHO)</p>	<p>2 slices of medium sliced granary or wholemeal toast (30g CHO)</p> <p><b>WITH</b> 2 scrambled eggs (0g CHO) add bacon (0g CHO)</p>
<p>20g Branflakes or Shreddies or Weetabix (15g CHO)</p> <p><b>WITH</b> 100ml milk (5g CHO)</p>	<p>1 slice of medium sliced granary or wholemeal toast (15g CHO)</p> <p><b>WITH</b> 1/2 can baked beans (15g CHO)</p>

## What is the Glycaemic Index (GI)?

The glycaemic index is a measure of how quickly a carbohydrate food is broken down into sugar. It also tells you how much and how quickly it then changes your blood glucose levels.

- High GI foods are broken down into sugars very quickly. They cause a rapid rise in blood glucose levels. You will often feel hungry again soon after eating these foods.
- Low GI foods are broken down into sugars much more gradually. They cause a more gradual rise and fall in blood glucose levels and help you to feel fuller for longer. They are a more slow-release source of energy.

The effect of eating high and low GI foods on your blood glucose levels is shown in this graph:



Graph showing high and low GI foods on your blood glucose levels.

**Do** choose low Glycaemic Index (GI) starchy foods. Low GI starchy foods release glucose very slowly into the blood, which is good for controlling your blood glucose level.

**Avoid** large amounts of foods with a high glycaemic index.

## Which foods are in the low, medium and high GI categories?

You can see which types of foods from the different food groups have a low, medium or high GI below:

Food	Low <50	Medium 56-69	High >70
<b>Breads</b>	Wholegrain or mixed grain breads, e.g. granary, rye bread, linseed bread	Pitta breads, English muffins, crumpets, croissant	White bread, Wholemeal bread, baguettes
<b>Grains and pasta</b>	Pasta (including gluten free), buckwheat, bulgur wheat, (cook al dente)	Basmati rice, couscous, quinoa, brown rice	white rice, rice cakes, cream crackers
<b>Cereals</b>	Porridge Oats	Shredded wheat, muesli	Sultana bran, rice krispies, cornflakes, sugary cereals Weetabix
<b>Potatoes</b>	Sweet potato, yam	New potatoes, boiled potatoes	French fries, instant potato, roast, mashed. Jacket/baked potato
<b>Vegetables and pulses</b>	Most vegetables and beans and pulses including peas	Beetroot	Broad beans, parsnip
<b>Fruit</b>	Apples, pears, orange, kiwi, cherries, plums, grapes, strawberries, peach, mango dried pear, dried apricots, prunes, apricot	Banana, fruit juice, smoothie sultanas, raisins, dried figs, pineapple	Dried dates, melon

Food	Low <50	Medium 56-69	High >70
<b>Dairy</b>	Low fat milk, diet yoghurt, soya milk, soya yoghurts, plain or Greek yoghurt		Rice milk
<b>Biscuits</b>	Oatmeal biscuits	Rich tea, digestives, shortbread	Vanilla wafer, custard creams, bourbon biscuits
<b>Other foods</b> (Limit portions of these)	peanuts, cashew nuts,	Honey, reduced sugar jams	Sugar, glucose tablets, soft drinks, sweets, jam and marmalade, popcorn

## What small changes to my diet can I make that will help to control my diabetes?

It may seem like a challenge to change your eating pattern and cut back a lot on what you eat. Do try these small changes which can make a real difference:

Meal	Current choice	Try instead
<b>Breakfast</b>	White toast with jam	Granary toast with peanut butter or porridge with milk
	Fruit juice	A piece of fruit
<b>Snack</b>	Chocolate biscuit	Nuts or Savoury oat/rye biscuit
<b>Lunch</b>	Brown bread ham sandwich, crisps and low fat yoghurt	Ham and 2 high fibre crackers, small fruit portion, veg sticks with dip or hummus

Meal	Current choice	Try instead
Snack	Crisps	Mashed avocado or handful of savoury popcorn/unsalted nuts/seeds
Evening meal	Cheese and pasta bake with garlic bread	Small amount of wholemeal pasta bake with added vegetables or side salad
	Fruit pie and custard	Handful of fresh or frozen fruit with Greek yoghurt or small amount of custard made with sweetener or sugar free jelly
Evening snack	Sugar coated cereal with milk	High fibre cereal with milk or handful nuts
Drinks	Sugary drinks	Diet drinks/fruit tea/fruit infused water

## Vegetables

### Why is it important to eat plenty of vegetables?

Fruit and vegetables are full of vitamins that are very good for you and your baby. Aim for at least 5 portions of fruit and vegetables a day. They also have lots of fibre, which helps to fill you up and helps to prevent constipation which can sometimes be a problem in pregnancy.

Filling up on vegetables at your main meal is important to help to prevent too much weight gain.

#### Do aim to have:

- ✓ Half the plate filled with vegetables
- ✓ A quarter of the plate taken up with starchy food
- ✓ Another quarter taken up with a source of protein or with a portion of meat or fish.

## What ideas can I try that will help me to eat extra vegetables?

Ideas to include extra vegetables in your diet include:

- Have salad with your meal
- Boiled vegetables on the side if you are having a ready meal
- Add extra vegetables into stews, curries, and pasta sauces
- Chop up vegetables like carrots and celery and have them as snack
- Include pulse and vegetable-based soups
- Add beans and pulses to meals to help you feel fuller. They are also low calorie and count as one of your 5 a day.



1 portion vegetables = 80g/2 cupped hands

## Can I eat fruit?

Fruit is an excellent, nutritious snack and is full of vitamins and fibre.

### Do

- ✓ eat whole fruit rather than fruit juice. Fruit juice and smoothies have a large amount of fruit sugar.

Try to have no more than 150ml per day but you may have to cut out these drinks altogether if having them causes your blood glucose levels to rise too high. If you do have fruit juice, try to have it with a meal and consider diluting it with water.

## Do

- ✓ have fruit as a snack instead of crisps, biscuits, or chocolate. You can have two to three portions of fruit each day.

A portion of fresh fruit is about a handful. For example, one apple, one small banana, a handful of grapes or two satsumas.

A portion of dried fruit is around one tablespoon.

Some examples of low carbohydrate fruits are berries or small fruits like plums, satsumas, and kiwis. Try to spread eating fruit out over the day and do not eat more than one portion at a time as they contain natural sugars (fructose). This will help to control effects on blood glucose.

**1 portion fresh fruit = 80g**

**1 portion dried fruit = 30g**

## Should I gain or lose weight if I'm pregnant and 'eating for two'?

**No.** Some people believe that because they are pregnant, they should be eating lots more to feed the growing baby but you do not need to eat much more than you would usually.

It is more important that you eat the right balance of foods.

Controlling your weight gain will help to control your diabetes and help your baby's development.

## Should I lose weight if I'm pregnant?

### Do not

- ✗ aim to lose weight during pregnancy. If you were overweight before you became pregnant you should try to keep your weight stable and avoid gaining lots of weight. Your dietitian or midwife can discuss the right level of weight gain for you based on your weight before or at the beginning of pregnancy.

## How much weight gain should I expect during pregnancy?

This depends on your BMI (Body Mass Index) before you were pregnant (pre-pregnancy BMI) and whether you have a single or twin pregnancy.

Pre-pregnancy BMI Single Pregnancy	Weight gain	Pre-pregnancy BMI Twins	Weight gain
under 18.5	28 to 40lbs (13 to 18 kg)	under 18.5	37 to 54lbs (16.8 to 24.5kg)
18.5 to 24.9	25 - 35lbs (11 -16kg)	18.5 - 24.9	37 - 54lbs (16.8 - 24.5kg)
25-29.9	15 - 25lbs (7 -11kg)	25 - 29.9	31 - 50lbs (14.1 -22.7kg)
More than 30	11-20lbs (5-9kg)	More than 30	25 - 42lbs (11.3 -19.1kg)

## What do the different levels of BMI mean?

Under 18.5 = underweight

18.5-24.9 = normal range

25-29.9 = overweight

More than 30 = obese

## What are the top tips for stopping me gaining too much weight when I'm pregnant?

To avoid gaining too much weight when you're pregnant **do**:

- eat regular meals, 3 times a day
- limit portion sizes (follow the handy portion guide on 6)
- eat plenty of vegetables and salad
- snack on a piece of fruit instead of crisps, biscuits, cakes
- eat less fat. For example avoid pastry, fried foods, chocolate, biscuits, butter, cream.
- eat more fibre. Do this by including plenty of vegetables and fruit, and choosing wholegrain options.
- drink plenty of water.
- be active, for example go for a 30 minute walk each day.

**Avoid** sugary foods and drinks.

## Can exercise help me to control my blood glucose?

Yes, regular exercise can help improve blood glucose control.

### Do

- ✓ try to do some moderate exercise, such as a 30 minute walk every day.

Being active for 10-15 minutes within one hour of eating, can help to reduce glucose levels by 2 mmol/L.

This can be going for a walk or being active around the house or workplace.

## Should I use 'Diabetic' foods to help me to control my blood glucose?

No. You may see specially made 'diabetic' foods such as chocolates or biscuits. These are not recommended because they:

- can still affect your blood glucose levels as they often contain some starchy carbohydrate even if they are sugar free
- can sometimes have more total carbohydrate than non 'diabetic' foods
- can be high in fat and calories
- are expensive
- can have a laxative effect.

## How can understanding food labels help me?

Using food labels can be a useful way to check if a food is high or low in fat, sugar, and salt. Try looking at 'per 100g' on the food label.

### Do

- ✓ try to mostly choose foods that are low in sugar, fat, saturated fat, and salt.

# What counts as a high or low amount per 100g for the different nutrients?

What counts as a high or low amount per 100g for the different nutrients?

Nutrient	Low (per 100g)	High (per 100g)
Fat	3g or less	17.5g or more
Saturated Fat	1.5g or less	5g or more
Sugars	5g or less	22.5g or more
Salt	0.3g or less	1.5g or more
Sodium	0.1g or less	0.6g or more

## Do

- ✓ look at 'per 100g' on a label to compare different brands of a food. You may not always be able to find a low sugar (less than 5g) version of a product but checking labels can help to choose the best option.

For example, if you pick up three different breakfast cereals, yoghurts, or jarred sauces you can look at the sugar per 100g for each of them and pick the one with the lowest amount of sugar.

# Which other nutrients should I make sure I'm having?

## Folic acid

Folic acid supplements help to prevent spinal cord problems in the growing baby. You should take a daily 5mg folic acid supplement from the time you stop contraception to the 12th week of pregnancy.

You need to get a prescription for 5mg folic acid tablets from your GP.

## Calcium

It is very important to have plenty of calcium. This helps your baby's bones to develop and protects your bones.

### Do

✓ aim to have three portions of a dairy food each day.

#### Examples of one portion are:

- a glass of milk or milk alternative fortified with calcium (200ml)
- small pot of yogurt (check sugar content) or 3-4 tbsp.  
Greek or plain natural
- 40g or 1-2oz of cheese.

If you do not include dairy foods in your diet do include 3 portions of calcium rich foods per day. Examples include:

- 3 – 4 tbsp. fortified plant based yoghurt
- 200ml plant based milk alternative. This should be fortified with calcium and not be organic.
- 60g tofu
- 2 slices calcium fortified bread
- 1/2 tin sardines or 50g whitebait.

## Iodine

You need iodine for your body to produce thyroid hormones. These hormones help with your baby's brain and bone development.

Foods containing iodine include pasteurised milk, pasteurised dairy products, and fish. It is likely that if you eat these foods regularly you will be getting enough iodine. If you don't, please discuss this with your midwife, GP, or dietitian.

## Vitamin D

Do take a daily supplement of Vitamin D (10 micrograms) when you're pregnant or breast feeding.

If you already take a pregnancy multivitamin, check the label. If it has at least 10 micrograms of Vitamin D, you do not need to take a separate Vitamin D supplement.

If you do need extra Vitamin D, you can buy a supplement which has 10 micrograms from a pharmacy or supermarket.

Some people qualify for free vitamins through the Healthy Start scheme. Ask your health professional for more information about the Healthy Start scheme.

## Iron

A diet with plenty of iron will help to prevent you becoming anaemic. The best source of iron is red meat, such as beef or lamb.

Try to include this at least twice a week, and make sure it is well cooked.

### **Other good sources of iron are:**

- fortified breakfast cereals
- kidney beans and other beans and lentils
- green leafy vegetables
- wholemeal bread.

### **Be aware**

although liver is a good source of iron, do not eat liver or liver products when you are pregnant. Its high vitamin A levels can be harmful.

If you have been prescribed an iron supplement, when you take it, have something with vitamin C in it, such as a piece of citrus fruit, at the same time. This helps your body to take in (absorb) and use the iron.

Avoid drinking tea or coffee at the same time as having your iron supplement as this can stop it from being absorbed properly.

### **Other important nutrients**

Fish oils are good for your heart health and for your baby's development. Aim for one to two portions a week of oily fish.

#### **These fish count towards your 1 to 2 portions:**

- salmon
- sardines
- pilchards
- trout
- mackerel
- kippers.

### **Be aware**

Do not have more than two portions of oily fish per week because of the pollutants that sometimes build up in them.

Avoid shark, marlin, and swordfish altogether when you are pregnant because of the mercury content.

Tinned tuna is not an oily fish but do not eat more than four 140g tins of tuna a week.

# Can I have caffeine when I am pregnant?

## Do

- ✓ limit your caffeine intake to less than 200mg a day when you are pregnant.

This guide will give you an idea of caffeine contents, but these vary between brands:

- mug of tea: 75mg
- mug of instant coffee: 100mg
- mug of filter coffee: 140mg
- can of diet cola: 40mg
- chocolate (50g bar): 10-25mg.

## Be aware

Green tea has a similar amount of caffeine to regular tea. The caffeine content varies depending on the size of the drink and how strong it is.

## What can I do to reduce the amount of caffeine that I'm having?

You can reduce the amount of caffeine you are having by:

- choosing decaffeinated teas, coffees and soft drinks rather than the caffeinated version
- trying fruit 'teas' or naturally decaf options like Redbush/ Rooibos. Limit these to a maximum of 2 cups per day
- drinking more water
- trying 'no added sugar' squash or 'sugar free' flavoured water.

# Which foods should I avoid during pregnancy and why?

Do avoid:

- **liver and liver products such as liver pate.** Liver is very high in vitamin A. High amounts of vitamin A can be harmful to the growing baby.
- **alcohol.** Alcohol can seriously damage the growing baby.
- foods which can cause Listeria infection including:
  - **soft ripened cheeses**, such as Camembert, Brie, goats' cheese.
  - mould-ripened cheeses
  - **unpasteurised milk**
  - **pate** (meat & vegetable)
  - pre-cooked or ready prepared foods that will not be reheated, such as pre-made salads or quiche.
  - **smoked or cured fish which has been produced at a cold temperature** (cold smoked) or raw fish, including sushi. For example, smoked salmon, gravlax or sushi unless they have been cooked until steaming hot.

These foods can sometimes have bacteria, which cause Listeria infection. Listeria can infect the growing baby and be very damaging.

- **raw eggs and undercooked poultry.** These foods can contain Salmonella bacteria. Salmonella infection can be very harmful during pregnancy.
- **shark, marlin, and swordfish.** These fish contain levels of mercury that are too high during pregnancy.

## For further information

NHS Choices [www.nhs.uk/pregnancy/keeping-well/foods-to-avoid](http://www.nhs.uk/pregnancy/keeping-well/foods-to-avoid)  
Food Standards Agency [www.food.gov.uk](http://www.food.gov.uk)

## Can I breast feed or chest feed?

Breastfeeding is recommended for all mothers. It may have a protective effect for your baby's future health and development.

Having diabetes does not affect this choice. Breast-feeding can help you to lose weight.

Your insulin or medications requirements will drop significantly after delivery so please liaise with your diabetes team for help regarding dose adjustment.

Hypoglycaemia episodes can be more common during breast feeding if you are taking insulin so you may need to adjust your insulin doses or have some extra carbohydrate snacks. Discuss with your diabetes team.

## Who should I contact if I need further information or support after I've read this information or would like to give feedback?

If you have any questions about diet, pregnancy and diabetes please ask your midwife or dietitian.

### Dietitians' contact details:

**St Richard's Hospital**

**01243 831498      [uhsussex.chichesterdietitians@nhs.net](mailto:uhsussex.chichesterdietitians@nhs.net)**

**Worthing and Southlands**

**01903 286779      [worthing.dietitians@nhs.net](mailto:worthing.dietitians@nhs.net)**

### Diabetes Midwives contact details:

**St Richard's Hospital (mobile)**

**07880 645514 / 07825 450268**

**Worthing Hospital (mobile)**

**07799 868506**

**St Richard's & Worthing Hospital**

**[uhsussex.diabetesmaternity@nhs.net](mailto:uhsussex.diabetesmaternity@nhs.net)**

**Royal Sussex County Hospital**

**[uhsussex.maternitydiabetes.rsch@nhs.net](mailto:uhsussex.maternitydiabetes.rsch@nhs.net)**

**Princess Royal Hospital**

**[uhsussex.maternitydiabetes.prh@nhs.net](mailto:uhsussex.maternitydiabetes.prh@nhs.net)**

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**This leaflet is intended for patients receiving care  
in Brighton & Hove, Haywards Heath, St. Richards and Worthing**

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