



# Mertz MFM Center

## Nutritional Recommendations for Diabetes in Pregnancy

- **First Trimester** — 1,800 calories daily
- **Second Trimester** — 2,200 calories daily
- **Third Trimester** — 2,400 calories daily

### ADD 300 CALORIES FOR TWINS

- **Breakfast** — 10–20% of total calories. Because insulin resistance is greatest in the morning, this is the smallest meal, and carbohydrate intake is limited to maintain postprandial normoglycemia.
- **Lunch** — 20–30% percent of total calories.
- **Dinner** — 30–40% percent of total calories.
- **Snacks** — Up to 30% of total calories 2–3 hours after each meal to prevent hypoglycemia. Snacking is based on caloric needs, but pre- pregnancy weight is also a factor as overweight patients may not need to snack.

Alternatively, carbohydrate allocation can be the dietary focus:

- 30–45 grams at breakfast.
- 45–60 grams at lunch and dinner.
- 15 grams for each snack.