

**Table 11. OUTCOME GOALS FOR DIABETES AND PREGNANCY, rev 05**

<b>Outcome</b>	<b>Process</b>
Adequate nutrient intake <sup>1</sup>	Review food records for adequate nutrient intake to meet the Daily Reference Intakes ( <i>DRI</i> ) (formerly RDA) and the <i>California WIC Food Guide Pyramid</i> recommendations.
Appropriate weight gain <sup>1</sup>	Check weight and plot on a grid. Address excess or inadequate weight gain by reviewing food records to estimate amount of kilocalories. Adjust meal plan as needed.
Blood glucose in target range <sup>1</sup>	Review blood glucose records and food records to identify reasons for elevated blood glucose levels after meals. Assess the woman's ability to follow her meal plan and make appropriate food choices. Do insulin orders need to be requested?
Limit episodes of hypoglycemia in women requiring insulin	Review prevention and treatment of hypoglycemia. Is the woman able to identify reasons hypoglycemic episodes occur (i.e., skipped meal or snack women requiring insulin or extra exercise)? Is she able to develop a plan to prevent reoccurrence?

Adapted from Nutrition Practice Guidelines for Gestational Diabetes Mellitus, 2001. [www.eatright.org](http://www.eatright.org) (Click on Product Catalog and the top and then Select "MNT Evidence-Based Guides")

**REFERENCES**

1. Fagen C. Nutrition therapy for pregnancy and lactation. In: Franz MJ, Bantle JP, eds. American Diabetes Association guide to medical nutrition therapy for diabetes, Alexandria, VA: American Diabetes Association, 1998: 229-48.