

Breakfast options for those with diabetes in pregnancy

Information for patients

Whether you've had a recent diagnosis of gestational diabetes or have a long-term diagnosis of diabetes, trying to control your morning blood glucose levels during pregnancy, while managing to have breakfast can be a bit of a challenge.

In order to help control your blood glucose levels, your dietitian may advise you to opt for foods which are low in carbohydrates or carbohydrate-free. This leaflet contains a variety of suitable breakfast options to help you on your way to achieving your blood glucose targets.

Cereals

Recipe 1:

25-30g (3 tbsps) of uncooked oats (porridge) made with milk, water or unsweetened calcium enriched milk alternatives such as soya or almond milk.

For flavour, you could add cinnamon, cream, vanilla pods/essence, nuts (eg roasted hazelnuts, pecans, walnuts, ground almond) or seeds.

Beware of pre-packaged or instant oatmeal as it can be very refined (more powdery) and can have added sugar.

Recipe 2:

40g of oat and nut based granola with milk, unsweetened calcium enriched milk alternatives such as soya or almond milk, or full fat Greek yoghurt.

Opt for varieties which have no added sugar and avoid those with dried fruit. You may however add a tablespoon of fresh berries should you wish.

Bread

Aim to have no more than one slice of seeded/granary/sourdough bread, but make it filling and interesting by using a variety of toppings. We have listed some ideas below:

- cheese, tomatoes and basil on toast
- peanut butter on toast
- soft, creamed or hard cheese (from pasteurized milk), buttered mushrooms and pesto – you can also try this with cucumber and olives
- smoked salmon on toast – you could add some crème fraiche or avocado
- toast with seasoned meat of your choice
- toast with avocado – you could add salmon/bacon and a poached egg on toast with a squeeze of lemon and/or chilli flakes
- pickled pepper and anchovies
- slice of toast with olives, feta cheese, tomato, sliced meat.

Alternatively why not try crisp breads instead of bread?

Egg

Egg is a suitable, high protein and carbohydrate free option for breakfast and can be cooked in a variety of ways; however it is important to ensure that the egg has been thoroughly cooked until the whites and yolks are solid. Avoid having more than one slice of bread with this:

- omelette – you could add some herbs, spices and cheese
- hard-boiled eggs with seasoning
- poached egg (hard yolk) – try adding spinach, tomato, avocado, mushroom and/or halloumi (see picture)
- baked eggs, eg triple cheese baked egg.



Other breakfast options

Why not try one of the following options?

- Greek yoghurt with a small handful of berries
- glass of milk (around 200ml) with nuts
- stuffed peppers – try stuffing them with minced meat and cheese
- stuffed Portobello mushrooms with use spinach and scrambled egg
- baseless-quiche; try making the dish without the pastry base
- smoked salmon; there are many ways to enjoy this for example stuffed with cottage cheese and rocket or in an avocado salad
- kippers, but try to avoid having more than two portions of fish a week
- poached haddock.

Low carbohydrates – crêpe recipe

Ingredients

- 100g of cream cheese
- 4 large eggs
- $\frac{3}{4}$ cup almond flour (or ground almonds)
- $\frac{1}{4}$ cup unsweetened almond milk
- oil or butter for the pan

Method

1. Blend the cream cheese, eggs, almond flour and almond milk until smooth and mixed.
2. Set a skillet on a low heat. Add a little oil or butter. Once melted or hot, add a small amount of mixture and swirl around the pan making a thin layer.
3. Cook until the edges curl slightly and carefully loosen and turn it over.
4. Serve with crème fraiche or peanut butter, berries, sprinkles of dark chocolate, nuts and seeds or Greek yoghurt.

Important information

This leaflet should be used in conjunction with the advice you receive during your pregnancy from your diabetes specialist dietitian.

If you have any feedback on this leaflet or you would like a list of references for it, please email: rf.communications@nhs.net.

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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