Handout

**Hemoglobin A1c Targets**

- Before conception = 6.5%
- Early pregnancy = 6% to 7%
- Later pregnancy = 6% to 6.5%
- Less than 6% may be ideal, assuming this can be achieved without hypoglycemia. Allow for individualization based on maternal risk of hypoglycemia. Following conception, A1c is less reliable than self-monitoring blood glucose and should be used as a secondary measure of glycemic control.

**Self-Monitoring Blood Glucose Targets**

- Fasting: ≤95 mg/dL (5.3 mmol/L) and either
  - One hour postprandial: ≤140 mg/dL (7.8 mmol/L); or
  - Two hours postprandial: ≤120 mg/dL (6.7 mmol/L).
- Women who are using insulin pumps or basal-bolus insulin regimens also should use preprandial testing.

**Weight Gain Targets During Pregnancy**

- Prepregnancy BMI <18.5 = 28 to 40 lbs (1 lb/week during the second and third trimesters);
- Prepregnancy BMI 18.5 to 24.9 = 25 to 35 lbs (1 lb/week during the second and third trimesters);
- Prepregnancy BMI 25 to 29.9 = 15 to 25 lbs (0.6 lb/week during the second and third trimesters); and
- Prepregnancy BMI ≥30 = 11 to 20 lbs (0.5 lb/week during the second and third trimesters).

**Nutrient Calculations**

- Energy = Estimated Energy Requirement (EER) for women aged 19 and older; adjusted for trimester
  - First trimester EER = Nonpregnant EER + 0
  - Second trimester EER = Nonpregnant EER + 340
  - Third trimester EER = Nonpregnant EER + 452
- Protein = 71 g/day or 1.1 g/kg/day (calculated using prepregnancy weight)
- Carbohydrate = Minimum of 175 g/day
- Fat = No recommended Dietary Reference Intake or Adequate Intake
- Fiber = 28 g/day
- Sodium = Less than 2,300 mg/day
  - Individualize in women with preexisting hypertension

**Physical Activity Guidelines**

- Women who aren’t physically active before pregnancy = At least 150 minutes (two hours and 30 minutes) of moderate-intensity aerobic activity per week.
- Women who are physically active before pregnancy = Continue same level of physical activity during pregnancy as before pregnancy.
• Discussion with a health care provider is recommended in case the need to adjust activity type or level over time is recommended.

References


