

Gestational Diabetes Mellitus (GDM) Evidence Based Nutrition Practice Guideline

GDM RECOMMENDATIONS (2008)	GDM RECOMMENDATIONS (2016)	SUMMARY OF CHANGES Unchanged; Updated; New; or Not reviewed
SCREENING AND REFERRAL		
GDM: Risk Assessment and Screening for Gestational Diabetes	None.	Not reviewed.* Added brief topic information to GDM Guideline Introduction.
GDM: Pregnant Women at Risk for GDM		Not reviewed.*
	GDM: Referral to an RDN	Added new recommendation.
GDM: MNT for Pregnant Women with IGT or GDM. 1. <i>GDM: MNT for Women with GDM</i> 2. <i>GDM: MNT for Pregnant Women with IGT</i>	GDM: Medical Nutrition Therapy 1. <i>GDM: Medical Nutrition Therapy (MNT)</i> 2. <i>GDM: Frequency and Duration of MNT</i>	Updated <i>MNT for Women with GDM</i> recommendation; Did not review <i>MNT for Pregnant Women with IGT (2008)</i> recommendation.* Added new recommendation <i>GDM: Frequency and Duration of MNT</i> .
NUTRITION ASSESSMENT		
GDM: Assessment of Food Intake, Physical Activity and Medications	GDM: Nutrition Assessment 1. <i>GDM: Assessment of Food/Nutrition-related History</i> 2. <i>GDM: Assessment of Anthropometric Measurement</i> 3. <i>GDM: Assessment of Biochemical Data, Medical Tests, and Procedures</i> 4. <i>GDM: Assessment of Nutrition-Focused Physical Findings and Client History</i>	Updated and expanded topic to create four separate recommendations.

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GDM: Assessment of BMI and Weight Gain		Not reviewed; Included in <i>GDM: Nutrition Assessment</i> recommendation above.
NUTRITION DIAGNOSIS		
		No NUTRITION DIAGNOSIS recommendations.
NUTRITION INTERVENTION		
GDM: Caloric Intake 1. <i>GDM: Caloric Intake for Normal and Underweight Women</i> 2. <i>GDM: Caloric Intake for Overweight/Obese</i>	GDM: Calories	Updated topic and combined caloric prescription into one recommendation.
GDM: Macronutrient and Micronutrient Intake 1. <i>GDM: Carbohydrate Intake</i> 2. <i>GDM: Protein and Fat Intake</i> 3. <i>GDM: Vitamin and Mineral Supplementation</i>	GDM: Macronutrients 1. <i>GDM: Macronutrient Requirements</i> 2. <i>GDM: Carbohydrate Prescription</i> 3. <i>GDM: Carbohydrate and Post Prandial Breakfast Glycemia</i>	Updated topic. Added <i>GDM: Carbohydrate and Post Prandial Breakfast Glycemia</i> recommendation. Moved <i>GDM: Vitamin and Mineral Supplementation (2008)</i> recommendation to separate topic below.
See above <i>GDM: Vitamin and Mineral Supplementation</i>	GDM: Micronutrients 1. <i>GDM: Dietary Vitamin and Mineral Intake</i> 2. <i>GDM: Vitamin and Mineral Supplementation</i>	Updated <i>GDM: Vitamin and Mineral Supplementation</i> recommendation.

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		Added <i>GDM: Dietary Vitamin and Mineral Intake</i> recommendation.
	GDM: Meal and Snack Distribution	Added new recommendation.
GDM: Physical Activity	GDM: Physical Activity	Updated recommendation.
GDM: Blood Glucose Monitoring / Ketone Testing 1. <i>GDM: Blood Glucose Monitoring</i> 2. <i>GDM: Ketone Testing</i>	None.	Not reviewed.*
GDM: Use of Non-Nutritive Sweeteners	GDM: High-Intensity Sweeteners	Updated recommendation.
GDM: Promotion of Breastfeeding	None.	Not reviewed.*
GDM: Alcohol Consumption	GDM: Alcohol	Updated recommendation.
GDM: Pharmacologic Therapy	None.	Not reviewed.*
NUTRITION MONITORING & EVALUATION		
GDM: Monitor and Evaluate MNT Effectiveness	GDM: Nutrition Monitoring and Evaluation	Updated recommendation.
OUTCOMES MANAGEMENT		
GDM: Prevention of Recurrence/Type 2 Diabetes	None.	Not reviewed.*

*The 2008 GDM recommendation was not reviewed by the GDM expert workgroup. The topic was determined to be outside the scope of the 2016 GDM Guideline.