

Nutritional assistance in pregnant women with gestational diabetes mellitus: a literature review

Luciana Siqueira ^{1,*}, Dayana Tavares ²

¹Universidade de Marília, Marília, Brazil.

²Universidade Brasil, São Paulo, Brazil.

DOI: 10.36129/jog.2024.S75

Gestational diabetes mellitus is characterized by a decrease in glucose tolerance that begins during pregnancy and may persist after childbirth. Risk factors for the development of this condition include the pregnant woman's dietary patterns, obesity, or excessive weight gain. Thus, integrated nutritional support for pregnant women diagnosed with diabetes can provide a significant benefit for the maternal-foetal unit. This study aimed to review the literature on the impact of nutritional interventions in overcoming gestational diabetes mellitus during pregnancy. It is a bibliographic research of the literature review type. Articles were searched in the Scielo and PubMed databases. The inclusion criteria were articles in English or Spanish, published between 2020 and 2024. Fifty-six articles were found, and, according to the criteria, 12 were selected. Diabetes mellitus is the most common met-

abolic disorder in pregnancy and is considered an obstetric complication with a high prevalence, present in 1% to 14% of pregnancies. Therefore, nutritional therapy, with subsequent glycaemic control and weight gain within normal ranges, constitutes an important contribution to reducing maternal and infant morbidity and mortality caused by complications arising from this clinical condition during and after pregnancy, such as miscarriages, preterm births, infections, macrosomia, and congenital malformations. It is deduced from this review that nutritional therapy during pregnancy is essential, as this cycle is guided by physiological changes that require quality and humanized postnatal care. Hence, the involvement of an interdisciplinary and multidisciplinary team in prenatal care is crucial to avoid risks for both the pregnant woman and the baby.