| 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](http://preview.andeal.org/template.cfm?template=guide_summary&key=2165) | None. | Not reviewed.\*  Added brief topic information to GDM Guideline Introduction. |
| [GDM: Pregnant Women at Risk for GDM](http://preview.andeal.org/template.cfm?template=guide_summary&key=2176) |  | Not reviewed.\* |
|  | **GDM: Referral to an RDN** | Added new recommendation. |
| [GDM: MNT for Pregnant Women with IGT or GDM](http://preview.andeal.org/template.cfm?template=guide_summary&key=2204).  *1. GDM: MNT for Women with GDM*  *2. GDM: MNT for Pregnant Women with IGT* | **GDM: Medical Nutrition Therapy**  *1. GDM: Medical Nutrition Therapy (MNT)*  *2. GDM: Frequency and Duration of MNT* | Updated *MNT for Women with GDM* recommendation; Did not review *MNT for Pregnant Women with IGT (2008)* recommendation.\*  Added new recommendation *GDM: Frequency and Duration of MNT*. |
| NUTRITION ASSESSMENT |  |  |
| [GDM: Assessment of Food Intake, Physical Activity and Medications](http://preview.andeal.org/template.cfm?template=guide_summary&key=2307) | **GDM: Nutrition Assessment**  *1. GDM: Assessment of Food/Nutrition-related History*  *2. GDM: Assessment of Anthropometric Measurement*  *3. GDM: Assessment of Biochemical Data, Medical Tests, and Procedures*  *4. GDM: Assessment of Nutrition-Focused Physical Findings and Client History* | Updated and expanded topic to create four separate recommendations. |
| [GDM: Assessment of BMI and Weight Gain](http://preview.andeal.org/template.cfm?template=guide_summary&key=2306) |  | Not reviewed; Included in *GDM: Nutrition Assessment* recommendation above. |
| NUTRITION DIAGNOSIS |  |  |
|  |  | No NUTRITION DIAGNOSIS recommendations. |
| NUTRITION INTERVENTION |  |  |
| [GDM: Caloric Intake](http://preview.andeal.org/template.cfm?template=guide_summary&key=2167)  *1. GDM: Caloric Intake for Normal and Underweight Women*  *2. GDM: Caloric Intake for Overweight/Obese* | **GDM: Calories** | Updated topic and combined caloric prescription into one recommendation. |
| [GDM: Macronutrient and Micronutrient Intake](http://preview.andeal.org/template.cfm?template=guide_summary&key=2178)  *1. GDM: Carbohydrate Intake*  *2. GDM: Protein and Fat Intake*  *3. GDM: Vitamin and Mineral Supplementation* | **GDM: Macronutrients**  *1. GDM: Macronutrient Requirements*  *2. GDM: Carbohydrate Prescription*  *3. GDM: Carbohydrate and Post Prandial Breakfast Glycemia* | Updated topic.  Added *GDM: Carbohydrate and Post Prandial Breakfast Glycemia* recommendation.  Moved *GDM: Vitamin and Mineral Supplementation (2008)* recommendation to separate topic below. |
| See above *GDM:* ***Vitamin and Mineral Supplementation*** | **GDM: Micronutrients**  *1. GDM: Dietary Vitamin and Mineral Intake*  *2. GDM: Vitamin and Mineral Supplementation* | Updated *GDM: Vitamin and Mineral Supplementation* recommendation.  Added *GDM: Dietary Vitamin and Mineral Intake* recommendation. |
|  | **GDM: Meal and Snack Distribution** | Added new recommendation. |
| [GDM: Physical Activity](http://preview.andeal.org/template.cfm?template=guide_summary&key=2162) | **GDM: Physical Activity** | Updated recommendation. |
| [GDM: Blood Glucose Monitoring / Ketone Testing](http://preview.andeal.org/template.cfm?template=guide_summary&key=2175)  ***1. GDM: Blood Glucose Monitoring***  ***2. GDM: Ketone Testing*** | None. | Not reviewed.\* |
| [GDM: Use of Non-Nutritive Sweeteners](http://preview.andeal.org/template.cfm?template=guide_summary&key=2168) | **GDM: High-Intensity Sweeteners** | Updated recommendation. |
| [GDM: Promotion of Breastfeeding](http://preview.andeal.org/template.cfm?template=guide_summary&key=2169) | None. | Not reviewed.\* |
| [GDM: Alcohol Consumption](http://preview.andeal.org/template.cfm?template=guide_summary&key=2308) | **GDM: Alcohol** | Updated recommendation. |
| [GDM: Pharmacologic Therapy](http://preview.andeal.org/template.cfm?template=guide_summary&key=2174) | None. | Not reviewed.\* |
| NUTRITION MONITORING & EVALUATION |  |  |
| [GDM: Monitor and Evaluate MNT Effectiveness](http://preview.andeal.org/template.cfm?template=guide_summary&key=2166) | **GDM: Nutrition Monitoring and Evaluation** | Updated recommendation. |
| OUTCOMES MANAGEMENT |  |  |
| [GDM: Prevention of Recurrence/Type 2 Diabetes](http://preview.andeal.org/template.cfm?template=guide_summary&key=2177) | 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.