

# 糖尿病预进餐专用营养粉对妊娠糖尿病患者血糖的影响研究

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**摘要 目的:** 探讨糖尿病专用营养粉对妊娠糖尿病患者血糖及妊娠结局的影响。**方法:** 收集重庆市新桥医院妇产科门诊确诊为妊娠糖尿病患者 66 例, 按照不同营养干预方式分为病例组和对照组, 每组 33 例, 然后比较两组患者干预前及分娩前空腹血糖、餐后 2 小时血糖水平以及患者分娩方式、新生儿出生体重等之间的差异。**结果:** 营养干预前空腹血糖、餐后血糖无差异 ( $P>0.05$ ); 分娩前空腹血糖、餐后血糖均有显著差异 ( $P<0.01$ ); 干预前和分娩前空腹血糖变化幅度以及餐后血糖变化幅度均有显著差异 (分别为  $P<0.05$  和  $P<0.01$ ); 新生儿体重和孕妇分娩方式等均无明显差异 ( $P>0.05$ )。**结论:** 糖尿病预进餐专用营养粉能够辅助控制妊娠糖尿病患者空腹血糖水平及餐后血糖水平, 尤其是餐后血糖。

**关键词** 妊娠糖尿病; 餐后血糖; 营养治疗

## Effect of diabetes-specific pre-meal nutrition powder on blood glucose level and pregnancy outcome of gestational diabetes

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**Abstract: Objective:** To investigate the effect of inzone vitality on blood glucose level and pregnancy outcome of gestational diabetes. **Methods:** 66 diagnosed cases of gestational diabetic were randomly selected from gynecology and obstetrics outpatient of Xinqiao Hospital in Chongqing, which were equally divided into case group (33 cases) and control group (33 cases), according to different nutritional intervention. Then we made a comparison before intervention and delivery between the two groups on fasting blood glucose (FBG), 2-hour postprandial blood glucose (PBG), delivery mode, neonatal birth weight. **Results:** Compared with the control group, the case group showed no difference on FBG or PBG before nutritional intervention ( $P>0.05$ ). But, before delivery, FBG and PBG were significantly different ( $P<0.01$ ). Amplitude of variations in FBG and PBG before nutritional intervention and delivery were significantly different (respectively  $P<0.05$ ,  $P<0.01$ ), while time of hospitalization, delivery mode, neonatal birth weight have no significant difference ( $P>0.05$ ). **Conclusion:** Inzone vitality has an ability to decrease FBG and PBG of gestational diabetic, especially the PBG level. However, no significant effects on neonatal birth weight or pregnancy outcome are observed. Inzone vitality can be used as a routine nutritional intervention in gestational diabetic.

**Keywords:** gestational diabetic; blood glucose; nutrition therapy

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