Tips for Pregnancy
Gestational Diabetes

Finding out you have gestational diabetes can bring on a lot of emotions. Take it one step at a time. Learn how it affects your body and how small lifestyle changes can help keep you and your baby healthy.

1 What is gestational diabetes?

Gestational diabetes mellitus (GDM) is a type of diabetes that happens to some women during pregnancy. With GDM, your body may not respond to insulin as well, which causes abnormal blood sugar levels.





2 How will I know if I have it?

When you are around 24 to 28 weeks pregnant, your healthcare provider will do a blood test to see if you have gestational diabetes.

Screening will vary depending on what is best for you. The most common screening is a glucose challenge test, which checks how your blood sugar responds one hour after drinking a sugary beverage.

3 What do I need to know about my blood sugar levels?

It is important to keep your blood sugar balanced. If your blood sugar gets too high or low, it puts you and your baby at risk. It can be helpful to track blood sugar levels before and after meals. Your healthcare provider will create blood sugar goals specifically for you.



Here are questions to ask your healthcare provider if you are diagnosed with gestational diabetes.

- What is my target blood sugar range?
- How often should I check my blood sugar?
- What do the numbers mean?
- What should I do if the numbers are out of range?

Tips to Keep Blood Sugar Balanced

Choosing Carbohydrates Wisely

Carbohydrates are part of a balanced diet, but some affect your blood sugar levels more than others. Choose carbohydrates that have more nutrients and fiber to support healthy blood sugar levels.

Eat **more** of these

Non-starchy vegetables

- Asparagus
- Bell peppers
- Broccoli
- Brussels sprouts
- Cucumbers
- Dark, leafy greens
- Eggplant
- Green beans
- Lettuce

Eat **some** of these

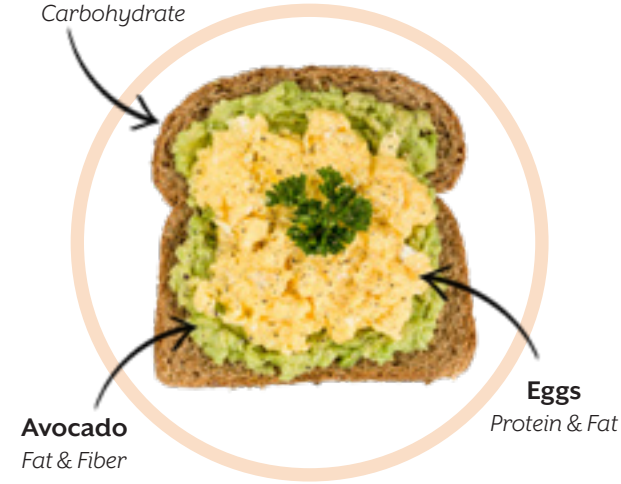
Dairy
Fresh fruit
Legumes
Starchy vegetables
Whole grains

Eat **less** of these

Processed foods
Refined grains
Sugary drinks

Pairing Your Carbohydrates

Pairing carbohydrates with protein and fat also helps to keep blood sugar levels balanced.



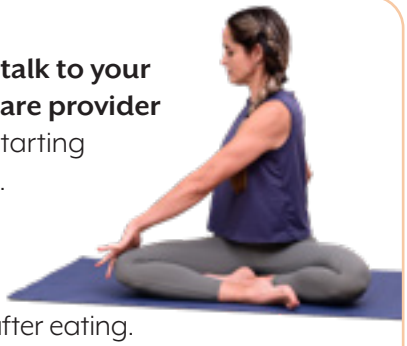
Managing Stress



Some stress is normal, but try to focus on things you can do to relax.

Staying Active

Always talk to your healthcare provider before starting exercise.



- Walk after eating.
- Get others involved. Find an exercise partner to stick with your goals.
- Try to exercise at least 150 minutes every week. You can spread it out during the week to fit your schedule.

10 min	15 min	30 min
Three times a day	Twice a day	Once a day for five days a week

Getting Better Sleep



Sleep during pregnancy is not always easy. **Try your best to make sleep a priority.**

If you have more questions about gestational diabetes, talk to your healthcare provider or WIC dietitian.

Scan the QR code to learn more about gestational diabetes

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