

5 WAYS TO STAY HEALTHY WITH

GESTATIONAL DIABETES

Pregnancy is filled with many happy milestones, but receiving a gestational diabetes diagnosis may raise some questions. Here are some tips that will help you have a happy and healthy pregnancy, even with gestational diabetes.

1. Create a healthy carb strategy.

Swap out refined carbohydrates such as white bread, candy and soda for fiber-filled alternatives like whole grain bread, fruits and vegetables. Keep your blood sugar steady by spreading your carb intake throughout the day.



2. Eat small meals throughout the day.

Opt for small meals or low-carb snacks every two to four hours instead of having three large meals a day.

3. Stay active throughout pregnancy.

Exercise regularly. Even a short 10-minute walk after every meal can make a huge impact.



4. Keep an eye on your glucose levels.

Check with your doctor on how frequently you should measure your blood sugar levels.



5. Share your diagnosis with your primary care doctor.

Women with gestational diabetes have higher chances of developing Type 2 diabetes later in life, so stay in contact with your primary care doctor.

