

TAKE CHARGE of your HEALTH



5% to 9% of U.S. pregnancies are affected by gestational diabetes.

What is gestational diabetes?

Gestational diabetes means your blood sugar is too high during your pregnancy, but those levels were normal before you were pregnant. Women with gestational diabetes usually have no symptoms and learn about it from a routine pregnancy screening test. You can still have a healthy baby by making some lifestyle changes and following your doctor's advice. After your baby is born gestational diabetes usually goes away.



Gestational diabetes isn't totally preventable, but there are ways to help lower your risk.

Spot the risk factors!

- Overweight before pregnancy
- Rapid weight gain during pregnancy
- An immediate family member with type 2 diabetes
- Had gestational diabetes in another pregnancy
- You are over age 25
- Given birth to a baby weighing 9+ pounds
- Had a baby who was stillborn
- Have polycystic ovary syndrome (PCOS)

Start NOW with 8 healthy choices:



- **Start your day with fiber!**
Whole grain cereal or oatmeal topped with fruit are great breakfast options.
- **Incorporate 30 minutes of moderate activity into your daily routine.**
Go for a brisk walk or bicycle ride. Spend 30 minutes doing house or yardwork.
- **Read labels at the grocery store!**
Avoid added sugar, sodium and fats.
- **Avoid harmful substances.**
Eliminate alcohol and tobacco use.
- **Snack on fiber.**
Start each week by pre-cutting fruits and veggies to keep handy in the fridge.
- **Skip fad diets.**
Choose sustainable, healthy choices and enjoy all things in moderation!
- **Add color to your plate every day!**
Fill half your plate with non-starchy vegetables, one quarter with lean proteins and the other quarter with a carbohydrate (brown rice or potato).
- **Bake with fiber.**
Substitute white flour with whole wheat, almond or oat flour.

There are lifestyle change programs proven to reduce your risk of diabetes. Scan the QR code to find one near you. →



Visit **NEHealthMatters.org**
to take the risk assessment and learn more.