

GESTATIONAL DIABETES MELLITUS (GDM)

Gestational Diabetes (GDM) is a type of diabetes that is diagnosed in pregnant woman who did not have diabetes prior to pregnancy. For some women, GDM can be controlled through lifestyle factors including eating healthy foods and being physically active on a regular basis. Sometimes a woman with gestational diabetes must also take insulin. Gestational diabetes is usually diagnosed in the 24th to 28th week of pregnancy.

Many individuals with GDM have been told they can/can't eat certain things. You can still eat the foods you like. It's the amount that matters. Carbohydrates directly affect blood glucose more than fat and protein do, but you can still have them in small portions.

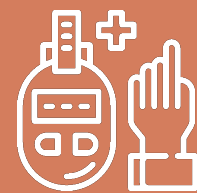
Choosing higher fiber sources of carbohydrates, like whole grains, starchy vegetables, beans/legumes, fruit, and low-fat dairy more often than not. Keeping the amount of carbs in your meals and snacks consistent can help with blood glucose control. A quick way to create your plate: fill half your plate with non-starchy veggies like salad, broccoli, carrots, or green beans, fill one quarter of your plate with your starchy foods such as sweet or white potatoes, beans, or rice, and then leaving the last section of your plate for lean protein foods like chicken, fish, tofu, eggs.

Choosing a low-calorie beverage is also important such as water. Tracking your food intake is very helpful as well, so that you can see how specific foods and portion sizes directly affect your post meal blood glucose readings.

Treatment for gestational diabetes includes:



Lifestyle changes



Blood sugar monitoring, keeping a daily food log/tracker



Medication, if necessary



Real Life Application

TAKING CHARGE OF THE THINGS YOU CONTROL

Lifestyle -how you eat and move- is an important part of keeping your blood glucose levels in a healthy range.

Your doctor in collaboration with you and a registered dietitian can help you set weight gain goals based on your weight before pregnancy, offer recommendations for small changes within your diet and review activity habits/goals, all specific to you.



HEALTHY DIET

A healthy meal plan for GDM has foods from all major food groups; grains and breads, fruits, non-starchy and starchy vegetables, lean protein, heart healthy fats, and dairy products.

These are the foods that give you the energy and nutrients for both you and your baby's health and wellness.



STAY ACTIVE

Regular physical activity plays a key role in every woman's wellness plan before, during and after pregnancy.

Exercise lowers your blood glucose. The minute you begin activity, your body pulls glucose from your blood stream and muscles utilize much of it. Walking, stationary biking and swimming are good choices during pregnancy. Everyday activities such as housework and gardening also count.



Main Takeaway

The best way to promote a healthy pregnancy for you and your baby with GDM is to **follow the treatment plan** outlined by your health care providers, including a registered dietitian, and implement lifestyle changes that are within your control.

Close management of food, activity, and hydration can help you avoid complications during pregnancy and delivery. GDM increasing your risk for developing type 2 diabetes later in life. You will want to continue similar lifestyle changes from above long term as well as you will need to be tested regularly to ensure blood glucose stays within non diabetes range.



Resources

Centers for Disease Control (CDC): Gestational Diabetes and Pregnancy:

[Read The Article >](#)

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