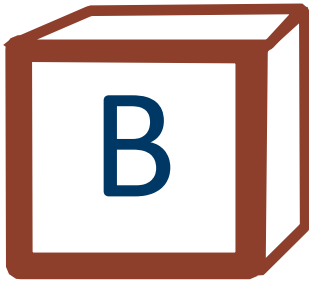


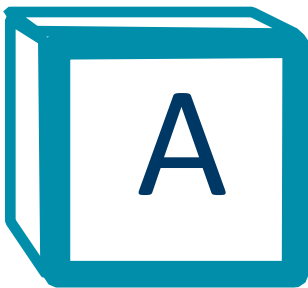
# Diabetes during pregnancy?

## Focus on B.A.B.Y.



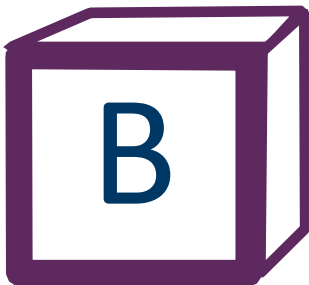
### **BLOOD SUGAR**

Check your blood sugar daily using a blood glucose meter. Safe blood sugar ranges may be different for different people. Ask your doctor what a normal range for you would be and go to all your prenatal and medical appointments.



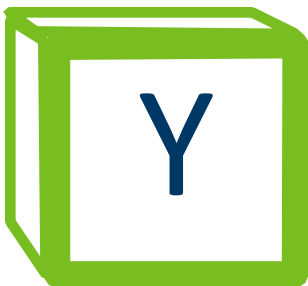
### **ACTIVITY**

Physical activity will help lower your blood sugar and keep it within a safe range. Follow your doctor's recommendations. Generally, 30 minutes of activity at least five days a week is recommended. Ten minutes here, ten minutes there, it all adds up.



### **BALANCED DIET**

Talk to a health provider or dietician about what, how much, and when to eat to keep you and your baby healthy. Cut down on highly processed foods and sugary drinks. Choose low-starch vegetables, such as broccoli or green beans.



### **YOUR FUTURE**

Gestational diabetes increases the likelihood of type 2 diabetes later in life for both you and your baby. Prevent diabetes with physical activity and healthy food choices after pregnancy. Help your child develop healthy habits – your baby learns by watching you. Continue to see the doctor as directed to monitor for type 2 diabetes.