

Insulin resistance is the inability of your body to efficiently transfer sugar (energy) from blood to needed organs.

GDM is when your blood sugar is too high during pregnancy.

Everyone experiences some insulin resistance during pregnancy. Sometimes extra insulin resistance is present prior to pregnancy.

Many women can control GDM with lifestyle change

- ◇ Reverse pre-pregnancy insulin resistance
- ◇ Keep blood sugar stable
- ◇ Avoid future chronic conditions

Safe before, during, and after pregnancy.

KNOW THE FACTS

9X

more likely to acquire
Type II Diabetes

2X

more at risk for
heart disease

GDM is linked to future health concerns

EAT MORE WHOLE, PLANT-BASED FOODS

In pregnancy, try:

- Smaller breakfast (30g carbs)
- Lunch/Dinner (60g carbs)
- Meal or snack every 2-4 hours
- Mindfully minimize white flour (cake, bread), white rice, juices, added sugar, and jellies.

30g carb ideas:

- 1/3 cup oatmeal (dry) + 2/3 cup unsweetened almond milk + 2-4 tbl nuts + 1/4 cup blueberries
- 1 tortilla + tofu scramble + salsa

60g carb ideas:

- 1 cup bean chili + 1 cup roasted carrots + 1 cup berries

MOVE REGULARLY

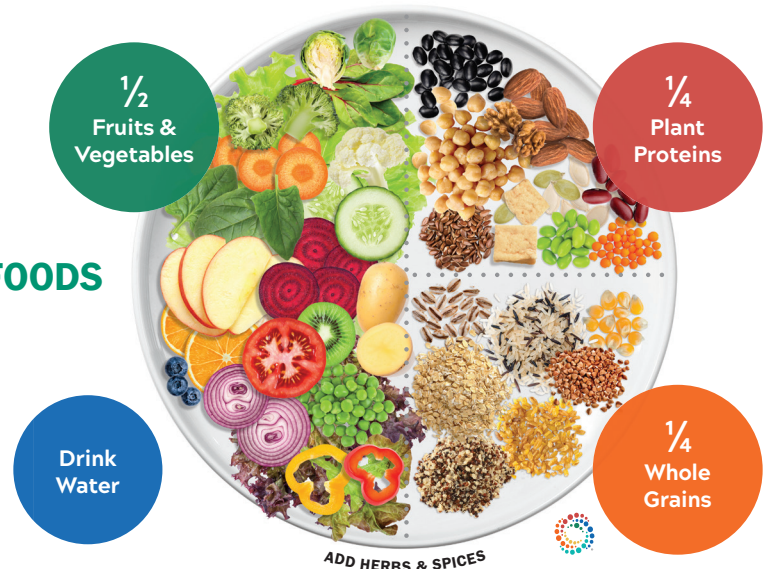
Heart rate up: 30+ minutes, 5+ days/week. Keep it low impact. Even 10 minutes of walking after meals can keep blood sugar in check.

Build Strength: 2+ days/week. Increasing muscle is one of the best ways to decrease fasting and post-meal blood sugar.

BE KIND TO YOURSELF

Pregnancy is exciting but can be hard.

Some women will still require medication for GDM. This is Okay! These lifestyle changes are still helpful for your overall health.



MYTH: All carbs are “bad” for GDM

FACT: Focus on fiber and check blood sugar. Carbs in whole foods are healthy and have a lower glycemic index. Very low carb diets can be too high in fat, worsening insulin resistance in the long-term.

LIFESTYLE CHANGES CAN HELP:

Short-term decreases

- Insulin needs
- Birth injuries, C-section due to having a larger baby
- Preterm birth, extra hospital care for neonatal breathing, blood sugar, and jaundice
- Stillbirth risk
- Dangerously high blood pressure

Long-term decreases

- Weight, diabetes, and blood pressure problems for your child
- Diabetes and heart disease risk for you