

Pre-Gestational Diabetes: Whole Food, Plant-based Approach

High blood sugar early in pregnancy increases risk of miscarriage and birth defects.

How Can High Blood Sugar Affect My Pregnancy?

- Larger babies, increasing the risk of vaginal tears and c-section
- High blood pressure (preeclampsia) in the mother
- Neonatal intensive care unit after birth due to problems with infant breathing
- Childhood and adulthood obesity, type 2 diabetes, high blood pressure

The good news is that with proper planning and control of your blood sugar, you can decrease your risk!

GOAL

Fasting blood sugar 95mg/dl or less, 140 mg/dl or less 1-hour after eating, and 120 mg/dl or less 2-hours after eating.

It is best to maintain a HbA1c less than 6.0% prior to conception

How can I lower my risk of problems during pregnancy?

Healthy Eating

Whole Food Plant- Based Diets (WFPB) can help reverse Type 2 Diabetes Mellitus, therefore should improve pregnancy outcomes.

Folate

Women planning pregnancy need at least 400 mcg of folate or folic acid daily from supplements, plant foods, or both. This is particularly important in women with diabetes given an increased risk of spinal bifida.

Physical activity

Find movement that you enjoy! At least 30 minutes of moderate intensity aerobic activity; for example brisk walking, 5 days a week. Building lean muscle mass with resistance training improves blood glucose control as well.



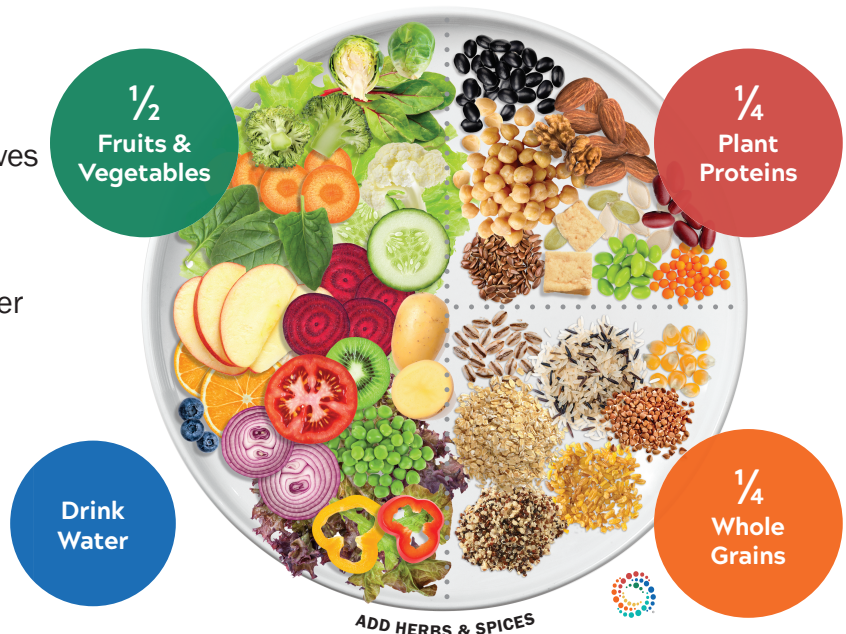
What does it look like to eat a WFPB diet?

Eating more vegetables, whole-grain foods, legumes, nuts and seeds improves blood sugar levels, both in normal and Insulin-resistant individuals.

A high fiber diet can reduce risk of other health problems:

- high blood pressure
- excessive weight gain in pregnancy
- heart disease

Try to get at least 25 grams daily!



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Citation:

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