

GESTATIONAL DIABETES

Are you among the 10% of pregnant women affected by this disease?

Gestational diabetes is a type of diabetes that can develop during pregnancy. Gestational diabetes increases your risk for high blood pressure during pregnancy and for type 2 diabetes later in life.



Gestational diabetes may cause your baby to:

- Be large, 9-pounds or more
- Be born early, which can cause breathing and other problems
- Have low blood sugar during your pregnancy
- Develop diabetes later in life

Risk factors for developing gestational diabetes:

- Gestational diabetes during a previous pregnancy
- Previous baby of 9lbs or more
- Being overweight or obese
- Family history of type 2 diabetes
- Being African American, Hispanic/Latino, American Indian, or Alaska Native

Talk to your doctor and get tested for gestational diabetes.

Protect your health and the health of your baby.

FOR MORE INFO CALL 410-313-7500

Tips to help manage gestational diabetes



1. Eat 3 meals and 2-3 snacks a day

Eating too much at one time can raise blood sugar. Make sure not to skip meals.



2. Eat smaller portions of starch

Starchy foods turn into glucose, a type of sugar. About 1 cup of total starch should be included in every meal.



3. Drink single servings of milk

Milk is a healthy food and a good source of calcium. However, milk is a carbohydrate (carb) and too much at one time can raise your blood sugar.



4. Limit fruit portions

Fruit is healthy but can be high in natural sugars. Eat 1 to 3 single portions per day.



5. Breakfast matters

A breakfast with protein and starch is usually best.



6. Avoid fruit juice

Juice is a concentrated source of carbs and can raise blood sugar quickly.



7. Limit sweets and desserts

Cakes, cookies, candies and pastries are high in carbs. Avoid regular sodas and sugar-sweetened beverages.



8. Limit added sugars

It's not necessary to add sugar, honey or syrup to your foods.



9. Take a closer look at foods that say "sugar-free"

Products labeled "sugar-free," may still be high in carbs. Check the food label for total carbs per serving.