



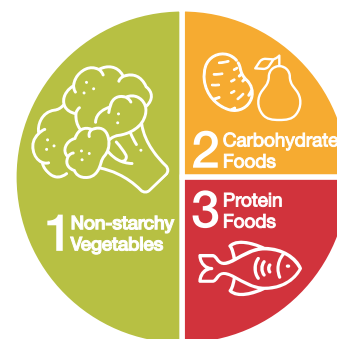
Gestational Diabetes (GDM) Treatment

Healthy eating and physical activity are the first steps in managing your GDM. You may need insulin to manage your blood glucose (blood sugar).

Nutrition

Healthy foods make for a healthy pregnancy—meet with a dietitian to learn about food choices and an eating plan.

Proteins, carbohydrates, and fats all play a part in healthy eating.



Physical Activity

Use a mix of aerobic (such as walking) and strength activities (such as lifting light weights).

Try for at least 20 minutes per day.

Goals are different for everyone—aim for 150 minutes of activity every week.

Discuss safe ways to exercise with your OB-GYN.

Insulin (when needed)

Sometimes insulin is needed to manage your blood glucose levels while you have GDM. Your health care provider will guide you on how to take insulin.

