



Healthy Defaults: What are they?

They are choices that you make to promote healthy behaviors, easily.
How can eating healthy be easy?

- Do not go grocery shopping **hungry**.
- **Plan** meals ahead of time, make a list and stick to the list.
- Take the **stairs or walk** instead of escalator or driving.
- Add lemons to **water** instead of drinking juice.
- **Don't restrict** foods or calories.
- Make **healthy** options more **attractive**.
- Use **taller or smaller** containers for food and drinks.
- **Slice** fruits and vegetables after a grocery trip.

Gestational Diabetes

Why Care?

Lifestyle change is an important part of managing gestational diabetes mellitus. If this does not improve blood sugar levels, medications may be needed to achieve glycemic targets.

"Women with gestational diabetes are at 7 times greater risk of developing type II diabetes than women without gestational diabetes."

Recommended Weight Gain

28-40 lbs

If pre-pregnancy BMI was less than 18.5

25-35 lbs

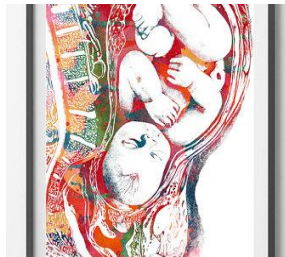
if pre-pregnancy BMI within 18.5-24.9

15-25 lbs

If pre-pregnancy BMI within 25-29.9

11-20 lbs

If pre-pregnancy BMI over 30



**HEALTHY
DEFAULTS:
HOW-TO
PREVENT
DIABETES AFTER
PREGNANCY**



At Home:

Monitor glucose per MD recommendations

- Wash & slice vegetables purchased and place in sandwich bags for the week to grab & go
- Pair 1 serving of protein with every snack and place in lunch box
- Pack meals ahead of time for work
- Place work out clothes out in the evening for morning exercise
- Plan a breakfast with low carbs

Benefits of Healthy Defaults

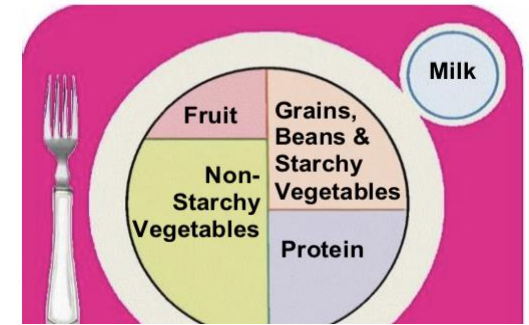
- Make healthy choices relatively unnoticed
- You create your own supportive environment of healthy foods

Plan, Plan, Plan!

Meal plans should provide enough nutrition and calorie intake for both mom and baby's health!

At the Store Choose:

- Fresh or frozen non-starchy vegetables such as 2C leafy greens, 1C raw vegetables (carrots, broccoli)
- Fresh fruits on the go (one small apple, ½ banana)
- Choose lean protein (3oz fish, poultry, 2tbsp nut butter, egg)
- Eat 100% whole grains. Avoid noodles and potatoes.
- Avoid fruit juice
- Low-fat dairy
- Use plant oils and avoid trans fat
- If you are craving candy: purchase mini candy bars



MyPlate for Gestational Diabetes

At Work:

- Don't over pack for work
- Calculate meal calories and nutrients on the weekend and write down to repeat
- Don't bring cash for the vending machine
- Take the stairs vs elevator
- Park further from building to allow for physical activity
- Write down what you are eating in a food journal

References:

(ADA, 2019)
 (Chance Z, Dhar R, Frederick S, Kichlu R, et al, 2012)
 (Gao F, Luo H, Jones K, Nicholson W, Bell R, 2018)
 (California State, MyPlate Gestational Diabetes, 2018)
 (Sidawi B, Deakin M, Al-Hariri MTA, 2016)
 (Bianchi C, De Gennaro G, Romano M, et al, 2018)