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
**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*

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**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**

**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)
(California State, MyPlate Gestational Diabetes, 2018)
(Sidawi B, Deakin M, Al-Hariri MTA, 2016)