

# Pregnancy and diabetes



*Growing Strong* Feeding you and your baby

Great state. Great opportunity.

Mothers who have diabetes when they are pregnant need individual care from their doctor and health team.

**If you have diabetes and you are pregnant, don't rely only on this brochure.**

**You need to see your doctor and health team regularly to get the care you need for you and your baby.**

*It is important to have good blood sugar control to have a healthy pregnancy.*



## **Diabetes before pregnancy**

If you already have diabetes and are planning to become pregnant, you should talk to your doctor. It is important to have good blood sugar control before you become pregnant.

## Gestational diabetes

Gestational diabetes can develop when you are pregnant. You will need to have a test during your pregnancy to see if you have gestational diabetes.



Gestational diabetes is more common in women who:

- have Type 2 diabetes in the family
- have had gestational diabetes during pregnancy before
- are overweight
- are Aboriginal and/or Torres Strait Islander.

## Looking after diabetes in pregnancy

High blood sugar levels can make you and your baby sick. Baby can grow too big and have problems after birth.

- Eat healthy foods – plenty of vegetables, along with fruit, bread, rice, pasta, lean meat, fish and low fat dairy foods.
- Eat regularly during the day.
- Have some cereal foods like brown bread, grain bread, wholegrain breakfast cereals and pasta. Don't have too much rice, damper or white bread.

*You need  
to have good  
blood sugar levels  
during your  
pregnancy.*



- Cut out fatty food like cakes, biscuits, fatty meat and fried food.
- Cut out sugary drinks – drink plenty of water instead.
- Be active every day. Check with your doctor about safe levels of physical activity for you.
- Watch your weight.



- Give yourself your medication as required.
- Check your blood sugar levels regularly.
- See your doctor regularly.

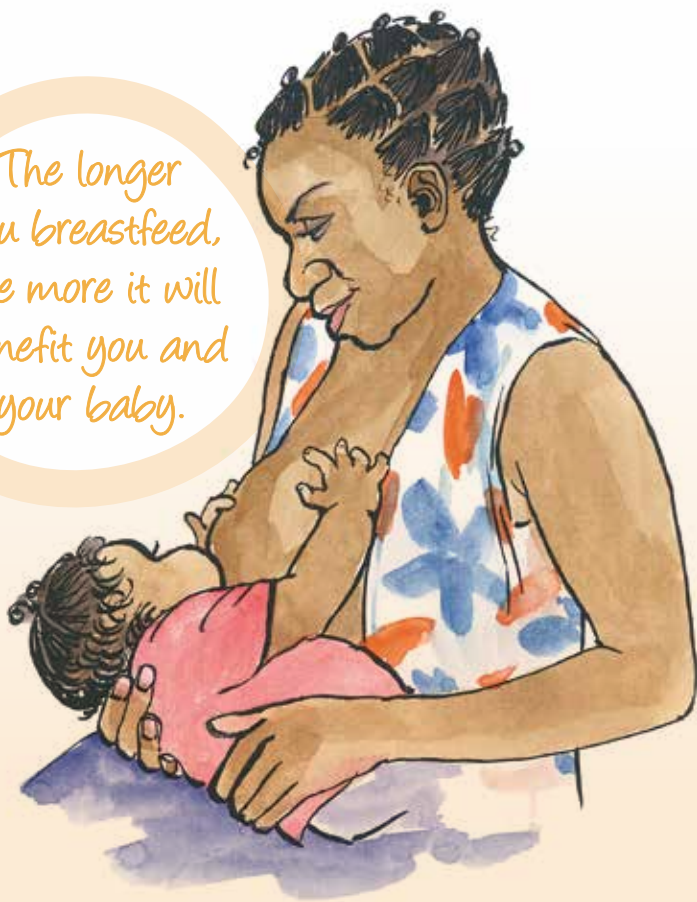
**Gestational diabetes will go away after Baby is born.  
But you still need to eat healthy and be active to prevent  
the diabetes from coming back later in life.**



## Breastfeeding your baby

Breastfeeding can help protect Baby from becoming overweight and getting diabetes when they are older. Breastfeeding also helps you get back into shape and helps to protect you from developing Type 2 diabetes later.

*The longer  
you breastfeed,  
the more it will  
benefit you and  
your baby.*



## As Baby grows

You can help protect your baby from developing diabetes later in life by making sure they:

- eat healthy foods
- keep physically active
- avoid junk food and sugary drinks – water and milk are the best drinks
- stay at a healthy weight.



Regular health checks are important for Baby too – when they are still a baby, and as they grow as well!

# Growing Strong

## Feeding you and your baby

For more information contact your local health worker  
or call 13 HEALTH (13 43 25 84).



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