

HOW TO MANAGE YOUR DIABETES DAY TO DAY



Making healthy food choices helps to provide nutrition for you and your baby, keep blood glucose in a safe range and manage your weight. Meet with a dietitian to develop a plan based on your personal food preferences, activity level and pre-pregnancy weight.



Monitor your blood glucose as directed. This helps you see how your food choices and activity level are working to meet your target blood glucose goals.



Physical activity reduces insulin resistance so your cells use the insulin in your body better.



Insulin injections or oral medications may be needed during your pregnancy to keep your blood glucose in a normal range.