Keeping Mom And Child Healthy After Gestational Diabetes

Keeping up healthy habits—even after the baby is born.

Other Steps to Take to Stay Healthy
Here are some additional steps women with a history of gestational diabetes can take to prevent or delay type 2 diabetes, and to help their children stay healthy, too:

- **Try to reach your pre-pregnancy weight six to 12 months after your baby is born.** Even if you do not reach your goal weight, maintaining a healthy lifestyle can help reduce the diabetes risk.
- **Make healthy food choices for you and your children.** Choose foods that are lower in fat and calories and high in fiber. For example, choose lean meats, chicken and turkey with the skin removed and fish. Drink water instead of juice or sweetened soda.
- **Be more active each day.** Try to get at least 30 minutes of activity, five days a week. It’s okay to be active for 10 minutes at a time, three times a day. Do this as a family!

Learn More
For more information about gestational diabetes, visit the NIDDK website at www.niddk.nih.gov.