



Gestational Diabetes Patient Resources

Document Topic	Link	Description
GENERAL		
Gestational Diabetes	Gestational Diabetes CDC	What causes Gestational Diabetes, Symptoms and Risk Factors, Related Health Problems
Gestational Diabetes	National Diabetes Education Program - Gestational Diabetes (cdc.gov)	What is it, Risk Factors, Diagnosing Gestational Diabetes, Treatment
Gestational diabetes and a healthy baby? Yes	Gestational Diabetes-Causes & Treatment ADA	Up to 10 % of pregnancies in the U.S. are affected by gestational diabetes every year.
Gestational Diabetes	Gestational diabetes - Diagnosis & treatment - Mayo Clinic	Diagnosis and treatment of Gestational Diabetes
5 Health Habits for Women Who Had Gestational Diabetes to Monitor	5 Health Habits for Women Who Had Gestational Diabetes to Monitor ADA	Overview, being a health weight, eating high quality, nutritious diet, getting regular activity, limit alcohol, not smoking
Diabetes During Pregnancy	Diabetes During Pregnancy Maternal Infant Health CDC	How diabetes can affect pregnancy health
Gestational Diabetes FAQs	Gestational Diabetes ACOG	FAQ on Gestational Diabetes
Management		
Current Guidelines on the Management of Gestational Diabetes Mellitus	Current guidelines on the management of gestational diabetes mellitus: a content analysis and appraisal - PMC (nih.gov)	Current guidelines on the management of gestational diabetes mellitus: a content analysis and appraisal
Managing a Pregnancy with Gestational Diabetes	Managing a Pregnancy With Gestational Diabetes ACOG	A personal story of gestational diabetes
ADA Prenatal Care	Prenatal Care ADA (diabetes.org)	FAQ on Gestational Diabetes
How Gestational Diabetes Can Effect Your Baby	How Gestational Diabetes Can Impact Your Baby ADA	How Gestational Diabetes impacts the baby and a ADA podcast



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NUTITION		
7 Day Gestational Diabetes Diet Meal Plan	7 Day Gestational Diabetes Diet Meal Plan (PDF & Menu) - Medmunch	General Guidelines for Gestational Diabetes Diet
Dietary Recommendations for Gestational Diabetes	Dietary Recommendations for Gestational Diabetes UCSF Health	Moderating and monitoring carbohydrates
Gestational Diabetes: Counting Carbs	Gestational Diabetes: Counting Carbs Patient Education UCSF Health	Example of menus containing 30 grams of carbohydrates
What Should You Eat When You're on a Gestational Diabetes Diet Plan	What to Eat When On a Gestational Diabetes Diet (clevelandclinic.org)	Gestational diabetes food list
Gestational Diabetes Meal Planning	gestational-diabetes-meal-planning.pdf (nm.org)	Meal planning for gestational diabetes
EXERCISE		
The Benefits of Exercise for Gestational Diabetes	Gestational diabetes: The benefits of exercise (medicalnewstoday.com)	Types of exercises for pregnant women
MENTAL HEALTH		
About Gestational Diabetes and Post Partum Depression	About Gestational Diabetes and Postpartum Depression Diabetes CDC	Depression in patients with gestational diabetes
Gestational Diabetes and Post Partum Depression - Spanish	La diabetes gestacional y la depresión posparto CDC	Spanish - depression
BREASTFEEDING		
Breastfeeding and Diabetes	Breastfeeding & Diabetes ADA	Breastfeeding has many proven health benefits for mothers and babies, including helping to prevent diabetes

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