

Reading labels can also help you figure out how much fat and carbohydrates you eat. Below are steps on what to look for when reading food labels:

**Step 1. Serving Size**  
On this label, one serving is 3/4 cup.

**Step 2. Calories**  
Not all low-fat foods are low in calories. Foods with **40 calories or less** per serving are “low-calorie”.

**Step 3. Fat**  
Foods that have **3 grams of fat or less** per serving are “low-fat”.

**Step 4. Carbohydrates**  
One serving of carbohydrates is 15 grams.

**Step 5. Fiber**  
Food with **5 grams or more** per serving are “high fiber”.

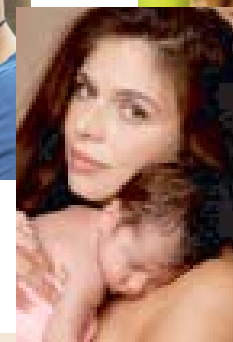
**Step 6.** How much am I going to eat? If you ate 1 1/2 cups, you would be eating 2 g of fat and 28 g of carbohydrates.

Talk to your dietitian if you have more questions or need help with meal planning.

Nutrition Facts			
Serving Size 3/4 cup (200g)			
Servings per Container 11			
Amount Per Serving			
<b>Calories</b> 70		Calories from Fat 10	
% Daily Values*			
<b>Total Fat</b> 1g		<b>2%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 80mg		<b>3%</b>	
<b>Potassium</b> 100g		<b>3%</b>	
<b>Total Carbohydrates</b> 14g		<b>5%</b>	
Dietary Fiber 2g		<b>8%</b>	
Sugars 0g			
<b>Protein</b> 2g			
Vitamin A 0%		* Vitamin C 0%	
Calcium 6%		* Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

## My Baby Has Been Born....

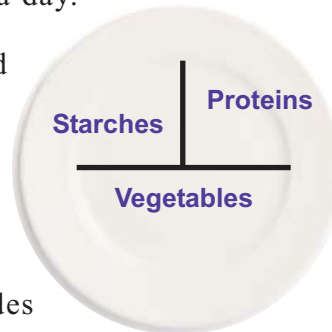
### ....What do I eat now to prevent diabetes and stay healthy?



## HEALTHY EATING

Healthy eating is the **MAIN THING** you can do to prevent or delay getting diabetes if you had gestational diabetes (GDM). One thing you can do is to continue to eat 3 small meals and 3 snacks every day like you did when you were pregnant. You can also:

- ❖ Choose foods that are high in fiber such as vegetables, fruits, dried beans, or legumes (for example, lentils and split peas).
- ❖ Choose whole grain pasta, brown rice, breads, and cereals. Measure your servings so you don't eat too much at one time.
- ❖ Use less sugar and eat or drink fewer sweets (like candy, cookies, cake, soda, Kool-Aid).
- ❖ Drink at least 6 - 8 glasses of water a day.
- ❖ Eat smaller portions and limit second helpings.
  - ♦ Use an 8-inch plate and divide the plate in quarters:  
½ of your plate should be vegetables, ¼ starch and ¼ protein
- ❖ Eat out only once a week, this includes take-out/fast food.
- ❖ Eat less fat
  - ♦ Use low-fat or nonfat dairy products such as fat free milk, fat free yogurt, and part-skim mozzarella cheese.
  - ♦ Bake, broil and grill more often than frying.
  - ♦ Use a nonstick cooking spray or nonstick pan instead of oil.
  - ♦ Choose lean proteins. For example:
    - chicken without the skin; white meat is leaner
    - trimmed beef/extra lean ground meats (Ground Round or Ground Sirloin)
    - unbreaded fish



- ♦ Limit the amount of lean meat you eat to 3 oz per meal (size of a deck of cards).
- ♦ Eat less processed food, especially those with unhealthy oils (partially hydrogenated oils). Examples of processed foods are cold cereals and instant rice. Examples of foods with unhealthy oils are baked products such as cakes and pies, crackers, chips and doughnuts.



There are other things you can do to stay healthy. Here are some suggestions:

### BREASTFEED YOUR BABY

It is good for you and your baby! It helps lower your blood sugar. It may lower your and your baby's chances of becoming overweight and getting diabetes later on. It helps you lose the weight you gained during pregnancy.



### GET YOUR TESTS FOR DIABETES

4-6 weeks after your baby is born, again when your baby is one year old, and every 3 years throughout your life.

### BE ACTIVE

Try to get at least 30-60 minutes of physical activity most days of the week. Bring your family with you. Walking is great exercise!

### KEEP A HEALTHY WEIGHT

If you are overweight, losing 5-7% of your body weight (for example, losing 10-14 pounds, if you are 200 pounds) can lower your risk of developing type 2 diabetes.