

# Your Guide to a Healthy Pregnancy: Managing Gestational Diabetes with Care

A week-by-week companion  
for nourishing you and your  
growing baby.

Health Gheware | [health.gheware.com](http://health.gheware.com)



# You Are Not Alone, and This Is Manageable

Gestational Diabetes Mellitus (GDM) affects about 1 in 6 pregnancies in India. It typically develops around weeks 24–28.



## It is manageable

With diet, exercise, and monitoring, you can have a healthy pregnancy.



## It is temporary

In most cases, it goes away after delivery.



## It is NOT your fault

GDM is related to hormonal changes, not something you did wrong.

# Your Safety Numbers: Daily Blood Sugar Targets

These targets are stricter than regular diabetes guidelines specifically to protect your baby's development.

Fasting

< 95 mg/dL

(Morning)

1 Hour

< 140 mg/dL

(After Meals)

2 Hours

< 120 mg/dL

(After Meals)



**Note:** Keep a log of these numbers daily to share with your care team.

# Nourishing You and Baby: The Best Choice List

Focus on Low GI foods that release energy slowly.



## Grains

Brown rice, whole wheat roti, oats, quinoa.



## Proteins

Dal, paneer, eggs, chicken, fish.



## Vegetables

All non-starchy veggies and leafy greens.



## Fruits

(In Moderation)

Guava, apple, pear, berries.

# Foods to Moderate or Pause for Now



## Eat in Moderation



- White rice (Eat small portions paired with dal/sabzi)



- Potatoes (Limit to 1/2 cup)



- High-sugar fruits: Bananas, mangoes, grapes



- Whole wheat bread



## Avoid or Limit

- Fruit juices and sugary drinks



- Sweets, mithai, and chocolates



- Maida products (naan, white bread)



- Fried snacks



# A Day on Your Plate: Sample Meal Plan



## Breakfast (7-8 AM)

1 moong dal chilla + mint chutney, 1 cup milk (no sugar), 5-6 almonds.



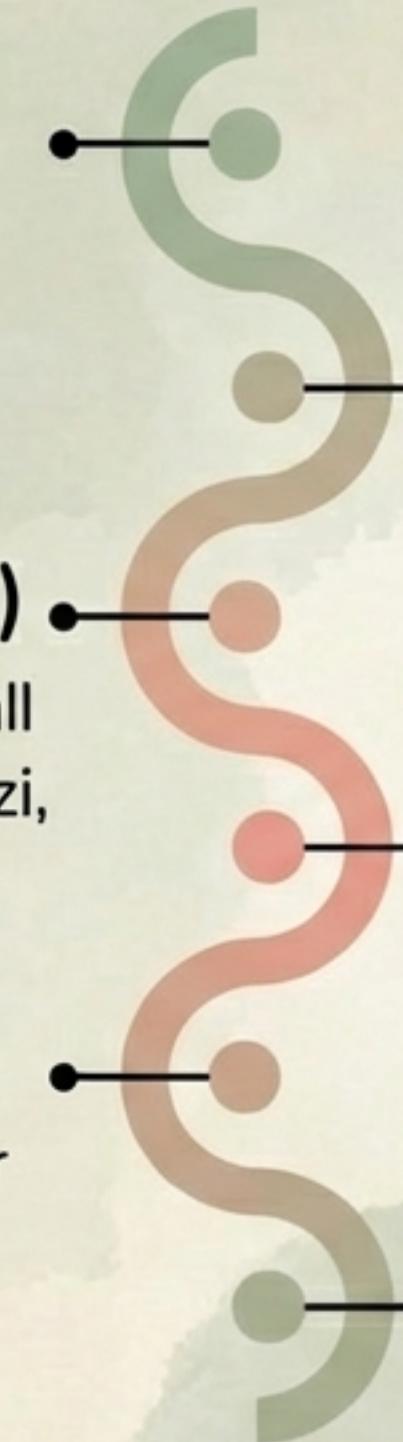
## Lunch (12:30-1 PM)

1 cup brown rice or 2 small rotis, 1 cup dal, 1 cup sabzi, salad.



## Dinner (7-8 PM)

2 rotis, 1 cup palak paneer or chicken curry, mixed veg, small bowl of curd.



## Mid-Morning (10 AM)

1 small apple or guava, handful of roasted chana.



## Evening Snack (4 PM)

1 cup buttermilk, 2 whole wheat crackers with paneer.



## Bedtime

1 glass warm milk with turmeric (if needed).

# Movement as Medicine

Aim for 30 minutes of activity daily.  
Best time: 30–60 minutes after meals.



Walking



Swimming



Prenatal Yoga



Stationary Cycling

Stay hydrated, wear comfortable shoes, and stop immediately if you feel dizzy or breathless. Avoid lying flat on your back after 20 weeks.

# The Journey: Diagnosis to Control (Weeks 24-32)

Weeks 24-28



## The Diagnosis Phase



- OGTT (Oral Glucose Tolerance Test)
- Meet diabetes educator
- Begin monitoring if diagnosed

Weeks 28-32



## Establishing Control



- Testing Rhythm: 4 times daily (Fasting + after meals)
- Medical Care: Weekly doctor visits
- Action: Adjusting diet based on sugar patterns

# The Journey: The Home Stretch (Weeks 32-40)

Weeks 32-36



## Close Monitoring

- Monitoring may increase to twice-weekly
- Growth scans to check baby's size
- Discussion of the delivery plan

Weeks 36-40

## Final Preparation

- Frequent testing continues
- NST (Non-Stress Tests) to check baby's heart rate
- Finalizing the birth plan

# When to Call Your Doctor

## Immediate Action Required (Call Now)



- Blood sugar above 200 mg/dL
- Decreased baby movement
- Severe headache or vision changes
- Signs of infection (fever, burning urination)
- Contractions before 37 weeks

## Report at Next Visit



- Consistently high readings despite diet changes
- Frequent low blood sugar episodes
- Excessive thirst or urination
- Unusual swelling

# Preparing for Delivery



## Hospital Bag Checklist

- Glucose meter and strips
- Fast-acting glucose tablets
- Healthy snacks
- Medical records and sugar logs

## What to Expect During Labor

- Your blood sugar will be monitored during labor.
- IV fluids may be used if needed.
- Baby's blood sugar will be checked immediately after birth.
- Skin-to-skin contact and breastfeeding are highly encouraged.

# Nurture & Nourish

# Welcome Baby & Postpartum Care

## Immediate Postpartum

GDM usually **resolves** within hours of delivery.

**Breastfeeding** helps regulate blood sugar for both mom and baby.



## The 6-12 Week Check-up

**CRITICAL STEP:**  
Get an **OGTT 6-12 weeks after** birth to confirm diabetes is gone.



## Long-Term Health

~50% of GDM mothers may develop Type 2 diabetes later.

**Prevention:** Maintain healthy weight, continue balanced diet, and screen annually.



# Nurture & Nourish Your Daily Checklist

## Morning

- Test fasting blood sugar
- Eat balanced breakfast
- Test 1-2 hours after breakfast

## Afternoon

- Mid-morning snack
- Balanced lunch
- Test 1-2 hours after lunch
- Afternoon snack

## Evening

- 30 minutes of activity
- Balanced dinner
- Test 1-2 hours after dinner
- Record all readings

# Nurture & Nourish We Are With You Every Step



**App:** Health Gheware App  
(Free blood sugar tracking)



**Blog:** [health.gheware.com/blog](http://health.gheware.com/blog)



**Video Guide:** YouTube  
[@health\\_gheware](https://www.youtube.com/@health_gheware)

**Disclaimer:** This guide is for educational purposes only.  
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