

PREGNANCY & GESTATIONAL DIABETES

What is it?

Gestational diabetes is a type of diabetes that occurs during pregnancy and it usually resolves after birth. In Canada, it is estimated that **3 - 20% of pregnant women develop diabetes during pregnancy**. High blood sugars can cause complications to both the mother and baby, blood sugars can be managed with healthy eating, healthy weight gain and safe physical activity.

How can a Registered Dietitian help?

A registered dietitian can help **optimize your eating** to prevent health complications. They can **develop a meal plan** to help you **maintain a healthy weight** and manage blood sugars during pregnancy!



Meet Genevieve Marleau, RD

Genevieve Marleau is a Registered Dietitian, and mother of two toddlers, with more than 10 years in private practice, helping adults with various chronic conditions (Gastrointestinal - IBS, IBD, Crohn's; Diabetes; Cancer; Heart Conditions) improve their food intake and general food health knowledge.

Genevieve is here to help you navigate your 'Gestational Diabetes' diagnosis, and to help you stress less about what you should or should not eat, for the health of you & your baby.

Genevieve's dietitian consultations may also include, weight management, meal preparation/planning tips, and healthy eating education for you & your family!



Choose Low Glycemic Index Foods

The glycemic index (GI) is a method of measuring how much a particular carbohydrate raises blood sugar levels after it is consumed.

Low GI foods are recommended to prevent elevated blood glucose, examples to choose more often include green vegetables, sourdough bread, steel cut oats, bran flakes, quinoa, barley, popcorn, apple, berries, pear, milk or unsweetened almond beverage, chickpeas.

Please consult with your physician or a registered dietitian to learn how to manage blood sugars during pregnancy.



CALL US TO BOOK YOUR VIRTUAL CONSULTATION TODAY

MORE CONDITIONS GENEVIEVE CAN HELP WITH:

- Healthy Eating
- Weight Management
- Meal Planning / Prep
- Chronic Disease Management
- Gastrointestinal Health

"Great staff, very helpful and professional. Excellent care and great measures to feel safe during these COVID times."