

Preconception



NUTRITION PROGRAM

How to protect your child before conception

Did you know? There are steps you can take to protect your child-to-be from problems during pregnancy and beyond.

**2 mins
to read**

Gestational diabetes is a type of diabetes some women develop during the later stages of pregnancy. The good news is that there are things you can do to reduce your chances of becoming one of them. “Recent studies have shown that diet, lifestyle, and exercise before pregnancy may help reduce your risk of developing gestational diabetes,” explains Roberta Portes, nutritionist at Nestlé Nutrition. According to scientists, you’re less likely to develop diabetes during pregnancy if, before pregnancy, you:

- don’t smoke
- exercise regularly
- eat a well-balanced diet that includes adequate amounts of fibre, vegetables, fruits, nuts, and whole grains
- eat less sugar-sweetened foods, red or processed meat (such as bacon, ham, or sausages), and saturated fats
- maintain a healthy weight.

Sources

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