

# Thinking about starting a family?

## Keep a healthy weight to help prevent diabetes!

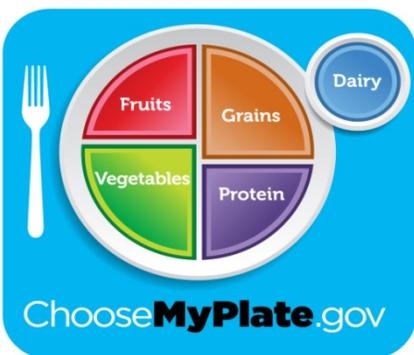
Did you know the risk of diabetes for you and your baby can start before pregnancy?

Keeping a healthy weight and staying physically active before you get pregnant can make a big difference for you and your baby's future!

If you are a healthy weight, great! Keep eating well and stay physically active to prevent diabetes. If you are overweight or obese, even a small amount of weight loss makes a big difference—just 5-7% weight loss (about 7-11 pounds for someone 150 pounds).

Eat Healthy! Make your meals balanced, complete and creative!

- **Balanced** - include all the food groups: whole grains, protein, fruits, vegetables, dairy & healthy fats.
- **Complete** - do not skip meals. Eat three medium size meals and two healthy snacks a day.
- **Creative** - use all your senses when you buy and eat food. Choose different textures, forms, & colors



### Healthy Eating Tips

- Drink water or fat free milk
- Limit sugar sweetened drinks and alcohol
- Explore healthy recipes and menus
- Shop for fresh food; take time for cooking and eating together
- Read the nutrition labels, women need 45-60g of carbohydrates at each meal
- Adjust your calories according to your age, activity, health, and traditions

Take care of yourself and share HOW TO DO IT with family and friends

Choose a healthy future for your family!

**Maintaining a healthy weight, even losing 5-7% body weight and being active every day reduces risk of diabetes. You have the power to prevent diabetes.**

Height	Weight (pounds)
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

Using the Chart: Find your height on the chart above. If your weight is over the number on the right, you may be at higher risk of diabetes. Losing just 5-7% of body weight can reduce risk of diabetes.  
(Chart adopted from CDC Diabetes Prevention Program)

