

How to protect your baby before conception

PREGNANCY TIPS AND ARTICLES

ARTICLE

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Protecting your baby-to-be from problems during pregnancy starts even before conception and this can be supplemented by a balanced diet, active lifestyle, and regular exercise.

Recent studies have shown that diet, lifestyle, and exercise before pregnancy may help reduce risk of developing gestational diabetes.

Are you planning to start a family?

Take these steps to protect your baby-to-be from problems during pregnancy and beyond.

Gestational diabetes is a type of diabetes that 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, a nutritionist at Nestlé Nutrition.

According to scientists, you are less likely to develop diabetes during pregnancy if, before pregnancy, you take the following steps:

- do not smoke
- exercise regularly
- eat a well-balanced diet that includes adequate amounts of fiber, vegetables, fruits, nuts, and whole grains
- eat less sugar-sweetened foods, red or processed meat (examples of these include bacon, ham, or sausages), and saturated fats
- maintain a healthy weight.



