

## [GESTATIONAL DIABETES RECIPES](#)



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### **Gestational Diabetes Recipes Eat your way through a**

Gestational Diabetes and Exercise March 24, 2014 | 1 Comment Written by Christine Armarego, Accredited Australian Exercise Physiologist and Manager of The Glucose Club & Lisa Taylor, Founder & Writer, GestationalDiabetesRecipes.com There are many benefits of exercise during pregnancy, as you ll read below.  
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Breakfast can be the most challenging meal. Many women with gestational diabetes struggle with blood sugar levels in the morning. In fact, it might seem like any carbohydrate can make your blood sugar levels skyrocket. Overall, good control of your blood sugar at breakfast can make it easier to maintain your blood sugar throughout the rest of the day.

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In this dinner recipe, use either halibut or salmon fillets with the vegetables and seasonings called for. Just a tablespoon of water in each packet will produce enough steam to cook everything inside to perfection.

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Starting A Gestational Diabetes Diet Plan. Being diagnosed with gestational diabetes means that you ll need to change your eating habits, for the health of yourself as well as your new baby.

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