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Gestational Diabetes Educational Links

How gestational diabetes can impact your baby:

<https://www.diabetes.org/diabetes/gestational-diabetes/how-will-this-impact-my-baby>

How to read a nutrition facts label:

<https://www.cdc.gov/diabetes/managing/eat-well/food-labels.html>

Understanding carbohydrates:

<https://www.diabetes.org/nutrition/understanding-carbs/carb-counting>

Helpful apps for your phone that will help you with carbohydrate counting:

- MyFitnessPal
- Calorie King

Carbohydrate choice list:

<https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>

Tips on insulin injections:

<https://www.diabeteseducator.org/docs/default-source/legacy-docs/resources/pdf/general/Insulin Injection Pro Tips AADE.pdf>