**Gestational Diabetes Resources: Nov 2022**

FNIHB Contacts:

Lora Montebruno-Myco: Community Nutritionist /Dietitian

1-204-583-3695 or [lora.montebruno-myco@sac-isc.gc.ca](mailto:lora.montebruno-myco@sac-isc.gc.ca)

Alyssa Hoadley: Community Nutritionist/Dietitian

1-204-583-5817 or [Alyssa.hoadley@sac-isc.gc.ca](mailto:Alyssa.hoadley@sac-isc.gc.ca)

**Resources**

Clinical Practice Guidelines

<https://guidelines.diabetes.ca/cpg>

Gestational Diabetes (one page)

<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/gestational-diabetes.pdf?ext=.pdf>

Glycemic Index

<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/glycemic-index-food-guide.pdf?ext=.pdf>

Pregnancy Weight Gain calculator

<https://health.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/prenatal-nutrition/pregnancy-weight-gain-calculator.html>

Canada’s Food Guide

<https://food-guide.canada.ca/en/>

Activity Idea:

* Nutrition Screening tool from CPNP
* Gestational Diabetes Jeopardy (if you still have available in the community)