



TAKE ACTION NOW TO PREVENT DIABETES!

- **Make and keep your appointment** for your postpartum checkup 6 to 12 weeks after delivery.
- **Get tested** for diabetes at your postpartum checkup, then every 1 to 2 years.
- **Breastfeed** your baby. It may lower your child's risk for type 2 diabetes.
- **Talk to your doctor** if you plan to become **pregnant** again in the future.
- Try to get back to the **weight you were before your pregnancy, within 6 to 12 months after** your baby is born. Then, if you still weigh too much, work to lose at least 5-7% (10 to 14 lbs if you weight 200 pounds) of your body weight slowly, over time, and keep it off.
- **Make healthy food choices** such as fruits and veggies, fish, lean meats, dry beans and peas, whole grains and low-fat or skim milk and cheese. Make **water your drink of choice**.
- **Eat smaller portions of healthy foods** to help you reach and stay at a healthy weight.
- **Be active at least 30 minutes, 5 days per week** to help burn calories and lose weight.