American Diabetes Association®

Guidelines InSIGHT
Your visual guide to the guidelines



GDM in Real Life

Common Challenges & How to Handle Them

Working Through Challenges.

CHALLENGE	WHAT TO DO
"I worry about running out of food or paying rent."	Tell your health care team if you need help with groceries, housing, or safety. They can help connect you with programs for food, housing, and other essentials.
"I sometimes feel judged at appointments."	Share how you prefer to be supported. It is okay to speak up about what you need.
"Managing my care takes too much time."	Ask about combining appointments, using telehealth, or simplifying your care plan so it fits your schedule.
"Healthy food is hard to find or afford."	Ask for an eating plan that meets your needs and budget. Ask about local programs that can help with fresh, healthy food.
"Nutrition labels and carb counts are confusing."	Ask your health care team to walk you through how to read food labels, step by step. To make choices easier, try simple tools like the Diabetes Plate (diabetes.org/DiabetesPlate) or food photo guides.
"I'm not sure what kinds of physical activity are safe during pregnancy."	Ask your health care team about safe ways to stay active during pregnancy that fit your health needs and situation.

Your Health, Your Voice

Your needs and feelings matter. Talk openly with your health care team to create a treatment plan that works for your life and your pregnancy.



This infographic is based on recommendations from the ADA's Standards of Care in Diabetes—2025

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

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