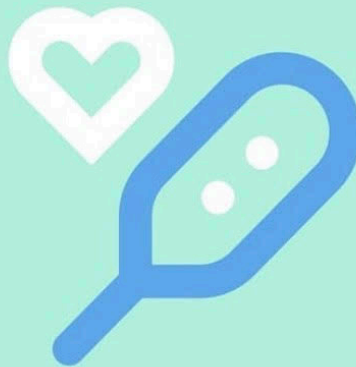




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# How to have a healthy pregnancy with type 2 diabetes



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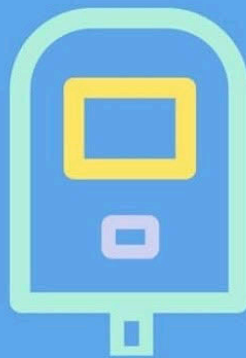
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Morning sickness and cravings can affect your blood sugar levels so you'll need to check your levels more often than usual.



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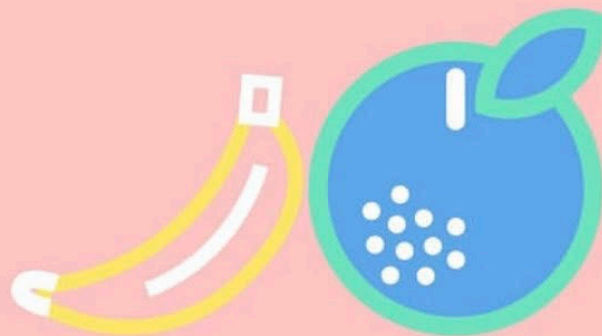
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Eating for two is (sadly!) just a myth; you only need to consume an extra 200 calories a day in the third trimester.



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Gentle activities like prenatal yoga and swimming help reduce blood sugar levels and support shorter, easier births by increasing flexibility and strengthening ligaments.



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There's nothing to say that mums-to-be with diabetes can't have an easy, enjoyable pregnancy. Click the link in our bio to learn more.



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