The Gestational Diabetes (GDM) Diet Research Study:

Do you need help with your GDM diet?

We want to find out the best GDM diet for you and your baby. You may be able to take part if:

- You are pregnant and have just found out you have Gestational Diabetes
- You are ≤30 weeks pregnant
- You are not taking medicine for your GDM
- You are between 18-36 years old
- You are healthy other than having Gestational Diabetes

In this research study, women will try 2 different diets over 12 days to find out which diet may be best for both mom and the baby. Women will wear a continuous blood sugar monitor during 6 of the diet days. Throughout the third trimester, we’ll offer personalized help with the GDM diet, including prepared foods, suggestions, and support provided by the dietitian, nurse, and physician investigators.

COMPENSATION PROVIDED

If interested in this research, please contact Dr. Teri Hernandez at:
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