



Congratulations on making this step to self managing your **Gestational Diabetes**. This resource pack provides you with information about Healthy Living NT and information to help you understand and manage your diabetes.

**Introduction to Healthy Living NT**

- Privacy Statement
- Client Education Services
- HLNT Memberships
- Consumer Charter
- Product Outlets
- Evaluation Form
- Information Sheet List

**Important Information**

- Caring for yourself and your baby
- ❖ Food Choices for People with Diabetes
- ❖ Hints for Healthy Cooking
- ❖ The Glycaemic Index
- ❖ Understanding Food Labels
- ❖ Understanding Gestational Diabetes
- Healthy eating for mothers-to-be with Gestational Diabetes
- Free Foods
- Storage of Testing Strips
- Glycaemic Index for Carbohydrates
- Sources of Carbohydrate Foods
- What is a Serve of Veg/Fruit
- What is a Serve of Meat/Dairy

**Recommended additional Information – available on request or website**

- ❖ Healthy Snacks
- ❖ Eating Out
- ❖ Alternative Sweeteners
- ❖ Healthy Meal Ideas
- Safe Sharps Disposal
- Storage of Glucose Testing Strips
- How to get a drop of blood for testing

We have also included a copy of the *Territory Way* magazine. If you would like to receive this on a regular basis please see our information on membership.

If you have any questions regarding the contents of this information pack, or need further advice and support, we encourage you to contact us in Darwin on (08) 8927 8488, or Alice Springs on (08) 8952 8000 to make an appointment with the Diabetes Nurse Educator and/or Dietitian, or visit our website at [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au)

Regards

The Healthy Living NT Team

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Healthy Living NT  
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