

## Memorandum

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**#16-087**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Amanda Hovis, Director  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** September 6, 2016

**SUBJECT:** Revised Nutrition Education Materials on Gestational Diabetes

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The following two nutrition education brochures on gestational diabetes have been revised:

- **Gestational diabetes: My pregnancy, my baby and me**

**English, stock # 13-209**

**Spanish, stock # 13-209A**

This brochure covers gestational diabetes basics and provides general information on blood sugar management and healthy eating. Staff can provide this brochure to mothers in the days or weeks before their RD appointment. Also includes a sample menu and space to write healthy eating goals.

Gestational Diabetes



- **Gestational diabetes: Eating for your baby's health**

**English, stock # 13-210**

**Spanish, stock # 13-210A**

Only registered dietitians may use this pamphlet. It is designed for use during individual counseling of WIC clients who have gestational diabetes. It has a sample meal plan to help clients follow a healthy eating pattern. Registered dietitians can customize the meal plan for clients, and there is also space to add notes and future appointments.



Printed copies in English and Spanish are available to order from the WIC catalog. Please note that “Gestational diabetes: Eating for your baby’s health” is restricted to RD use only. Please discard old versions of the brochures.

If you have any questions or require additional information, please contact Erica Harris, Nutrition Education Consultant, at (512) 341-4588 or [erica.harris@dshs.state.tx.us](mailto:erica.harris@dshs.state.tx.us) or Mandy Seay, Clinic Services Training Coordinator at (512) 341-4516 or [mandy.seay@dshs.state.tx.us](mailto:mandy.seay@dshs.state.tx.us).