



: G...; N...; D...
: M...; F...; P...
: D...; P...

G... (GDM), ...
N...
GDM,
A...
11.

B...
12.

: M...
GDM...
H...

The prevalence of gestational diabetes mellitus (GDM) is increasing globally, with significant implications for maternal and fetal health. This review explores the latest research on GDM, focusing on the role of nutrition in its prevention and management. Key findings include the impact of dietary patterns, such as high-carbohydrate and high-fat diets, on the risk of developing GDM. The review also discusses the importance of individualized nutrition plans and the potential of emerging technologies in monitoring and managing GDM. The prevalence of GDM is estimated to be around 10% in developed countries, with a projected increase to 15% by 2030.

Individualized nutrition plans are essential for the effective management of GDM. These plans should consider the patient's unique characteristics, including their genetic predisposition, lifestyle, and cultural dietary preferences. Recent studies have shown that personalized dietary interventions can significantly improve glycemic control and reduce the risk of complications. The review highlights the importance of ongoing monitoring and adjustment of these plans to ensure optimal outcomes for both the mother and the fetus.

Prevention of GDM is a key focus of current research. The review discusses the role of lifestyle factors, such as physical activity and weight management, in reducing the risk of GDM. It also explores the potential of nutraceuticals and dietary supplements in preventing GDM. The review concludes that a holistic approach, combining nutrition, lifestyle, and medical interventions, is the most effective strategy for preventing and managing GDM.

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