

Gestational Diabetes Sample Meal Plans

Breakfast – 30 grams carbohydrate - *Choose one*

1. 2 slices whole wheat bread with butter

1-2 eggs

2. 1 cup oatmeal

1 cheese stick

3. 2 slices whole wheat bread

2 tablespoons peanut butter

Morning Snack – 15 grams carbohydrate - *Choose one*

1. 6-8 whole grain crackers

1 T peanut butter

2. 1 slice whole wheat bread

1 ounce cheese

Lunch – 60 grams carbohydrate - *Choose one*

1. Turkey sandwich on whole wheat bread

6 whole wheat crackers

1 cup low fat milk or 1 apple

2. 1 cup bean or lentil soup

1 slice whole wheat bread

1 cup berries

3. Salad with lettuce, vegetables, 1 cup beans and ½ cup corn

1 cup milk or 1 pear

Afternoon Snack – 30 grams carbohydrate - *Choose one*

1. 1 cup plain greek yogurt

1 cup berries

2. ¼ cup nuts

1 cup milk

Dinner – 45 grams carbohydrate - *Choose one*

1. Chicken

1 ½ cups beans

Salad

2. Fish

1 cup brown rice or quinoa

Vegetables

3. Meat

1 ½ cups sweet potato or yam

Vegetables

Bedtime Snack – 15-30 grams carbohydrate - *Choose one*

1. 1 cup lowfat milk

6-8 whole grain crackers

1 ounce cheese

2. 3 graham crackers

Peanut butter

3. ½ cup ice cream