

Gestational Diabetes Meal Planning Guide

Your healthy eating resource manual

Hello humankindness®



Sample Meal Plan

Breakfast and snacks - 15 grams of carbs; Lunch and dinner - 30 grams of carbs

Meal	Carbohydrates	Sample food choices
Breakfast	15 grams from whole grains Unlimited nonstarchy vegetables	½ whole wheat English muffin 2 eggs 1 oz cheddar cheese peppers, onions and spinach
Mid Morning Snack	15 grams from whole grains Unlimited nonstarchy vegetables	5 whole grain crackers 2 slices of ham or turkey Raw carrots and celery 1 Tbsp ranch dressing
Lunch	30 grams from whole grains, dairy, fruit and/or starchy vegetables Unlimited nonstarchy vegetables	4 oz lean hamburger or turkey burger ½ whole wheat bun 1 cup melon Nonstarchy vegetable salad 2 Tbsp oil & vinegar dressing
Afternoon Snack	15 grams from whole grains, dairy, fruit and/or starchy vegetables Unlimited nonstarchy vegetables	6 oz plain Greek yogurt sweetened with stevia to taste ½ cup berries ¼ cup nuts
Dinner	30 grams from whole grains, dairy, fruit and/or starchy vegetables Unlimited nonstarchy vegetables	4 oz chicken Mixed nonstarchy vegetables ⅔ cup brown rice 2 tsp olive or canola oil
Bedtime Snack	15 grams from whole grains, dairy, fruit and/or starchy vegetables Unlimited nonstarchy vegetables	1 string cheese 1 small apple



Additional Meal and Snack Suggestions

Breakfast and snacks - 15 grams of carbs; Lunch and dinner - 30 grams of carbs

Meal	Suggestion
Breakfast No. 1	Breakfast quesadilla 1 egg 1 slice ham 1 slice cheese 1 small corn or whole wheat tortilla
Breakfast No. 2	Breakfast scramble 2 eggs 2 oz Canadian bacon 1 oz cheese ½ cup shredded or diced potato onions and mushrooms
Breakfast No. 3	1 cup paneer jalfrezi with 1 cup bell peppers, onions, 1 roti or chapati
Lunch No. 1	4 oz salmon ½ cup diced sweet potato 1 cup kale or spinach 2 tsp butter Fresh or dried dill to taste
Lunch No. 2	2 slices whole wheat bread 2 slices turkey, ham or roast beef 1 slice cheese Nonstarchy veggie salad with vinaigrette
Lunch No. 3	1 cup of tofu curry 1 cup spinach sabji 1 roti or chapati ¾ cup non fat yogurt/curd
Dinner No. 1	1 corn tortillas ½ cup beans 4 oz chicken lean beef or pork 2 Tbsp cheese Lettuce, tomato, onion, cilantro 2 Tbsp avocado
Dinner No. 2	4 oz chicken or pork chops 1 small potato 1 cup steamed non-starchy vegetables ½ cup unsweetened applesauce or cinnamon apples

Meal	Suggestion
Dinner No. 3	4 oz shrimp 2 cups nonstarchy vegetables ⅔ cups brown rice
Snack (Each with 15 grams carbohydrate)	
Snack No. 1	1 oz string cheese 1 small apple
Snack No. 2	Raw, nonstarchy vegetables ½ cup hummus
Snack No. 3	1 slice whole wheat bread 1 Tbsp nut butter
Snack No. 4	1 hard boiled egg 5 whole grain crackers
Snack No. 5	¼ cup hulled sunflower seeds ¾ cup blueberries
Snack No. 6	6 inch tortilla roll-up on whole wheat tortilla 1 Tbsp cream cheese 2 slices of turkey
Snack No. 7	10-12 tortilla chips Unlimited nonstarchy veggies ¼ cup of guacamole
Snack No. 8	1 cup low sodium broth based soup nonstarchy vegetables
Snack No. 9	1¼ cup mixed melon ¼ cup nonfat or low fat cottage cheese
Snack No. 10	3 cups popped popcorn, no salt or butter

Meal Planning Food List

All foods listed have **15 grams carbohydrate** for the listed portion.



Grain Focus on choosing whole grain foods – they have more fiber and that helps control blood sugar. Choose only 15 grams carbohydrate from the grains group at breakfast. All serving sizes represent cooked foods.

Breads – choose whole grain products

Bread	1 slice
Bagel	¼ of the bagel
Chapatti	1 (6-inch)
Cornbread	1 (1¾ inch cube or 1½ oz)
English muffin	½ of the muffin
Naan Indian bread	¼ (8 inches by 2 inches)
Pancake (¼-inch thick)	1 (4-inch)
Pita bread	½ pocket (6 inches across)
Stuffing, bread	⅓ cup
Taco shell or tostada shell	2 crisp shells (5-inch)
Tortilla - corn or flour	1 (6-inch)
Waffle	1 (4-inch square)
Flour, cornmeal	3 Tbsp

Cereal, Grains, Pasta – choose whole grain products

Barley, couscous, millet, pasta, polenta, quinoa, rice	⅓ cup
Grits, kasha, oatmeal, tabbouleh, wild rice	½ cup
Granola	¼ cup
Wheat germ, dry	3 Tbsp

Starchy Vegetables

Cassava, plantain	⅓ cup
Corn	½ cup
Corn on cob, large	½ cob (5 oz)
Hominy, canned	¾ cup
Potato	
Baked with skin	¼ large (3 oz)
Boiled, all kinds	½ cup or ½ medium (3 oz)
Mashed, with milk	½ cup
French fried (oven baked)	1 cup (2 oz)
Pumpkin, canned,	1 cup no sugar added
Squash, winter	1 cup (acorn, butternut)

Peas, Beans, Soy and Lentils

Baked beans	⅓ cup
Beans (black, pinto, garbanzo, kidney, lima, navy, white)	½ cup
Edamame	1 cup
Falafel	3 patties, 2 inches across
Hummus	⅓ cup
Lentils	½ cup
Parsnips, peas (green), succotash, sweet potato, yam	½ cup
Peas (split or black-eyed)	½ cup
Refried beans, canned	½ cup

Snacks

Crackers	
Crispbreads	2 – 5 (¾ oz)
Melba toast	4 pieces (2-inch x 4-inch)
Rye Krisp – type	3 crackers
Triscuit – type	5 crackers
Matzoh	¾ oz
Popcorn, popped	3 cups
Pretzels	¾ oz
Rice cakes	2 (4 inch)

TIPS

1

Beans and starchy vegetables are included as grain choices.

2

Whole grains support healthy digestion.

3

There are lots of vitamins and minerals in whole grains.

Healthy eating is as easy as **1-2-3**

Non-Starchy Vegetables

Amaranth or Chinese spinach
Artichoke and artichoke hearts
Asparagus
Baby corn
Bamboo shoots
Beans (green, wax, Italian)
Bean sprouts
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage – all types
Carrots
Cauliflower
Celery
Chayote
Coleslaw, no dressing

Cucumber
Eggplant
Gourds (bitter, bottle, luffa)
Greens (collard, kale, mustard, turnip)
Green onions or scallions
Hearts of palm
Jicama
Kohlrabi
Leeks
Mixed vegetables (without corn or peas)
Mung bean sprouts
Mushrooms
Okra
Onions
Oriental radish or daikon

Pea pods (snow peas)
Peppers (all varieties)
Radishes
Rutabaga
Sauerkraut
Soybeans sprouts
Spinach
Summer squash
Sugar snap peas
Swiss chard
Tomato (fresh or canned)
Tomato sauce
Tomato/vegetable juice
Turnips
Water chestnuts
Yard-long beans
Zucchini

TIPS

1

Choose nonstarchy vegetables freely. You can use fresh, frozen or low sodium canned vegetables.

2

Remember to fill half your plate with colorful vegetables for the health of your baby.

3

Non-starchy vegetables are low in calories and very filling.





Fruit

Apple, unpeeled, small.	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	½ cup
Apricots, fresh	4 whole (5½ oz)
Apricots, dried	8 halves
Banana	½ large (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe.	1 cup cubed (11 oz)
Cherries, sweet, fresh	12 (3 oz)
Dates.	3
Figs	2 medium (3½ oz)
Grapefruit, large without added sugar	½
Grapes, small	17 (3 oz)
Honeydew	1 slice or 1 cup cubed (10 oz)

Kiwi	1 (3½ oz)
Mandarin orange, small	2 (8oz)
Mango	½ cup or ½ small (5½ oz)
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
1 Papaya	cup cubed (8 oz)
Peach, fresh, large.	½ (6 oz)
Pineapple fresh	¾ cup
Plums, fresh, small	3
Prunes.	2 (5 oz)
Raspberries	1 cup
Strawberries	¼ cup whole berries
Tangerines, small	2 (8 oz)
Watermelon	1¼ cup cubes (13½ oz)



TIPS

1

Eat whole,
fresh fruit in
season to
save money.

2

Two prunes
daily can
help ease
constipation.

3

Pair fruit with
a protein to
slow absorption
of sugar.

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easy as **1-2-3**



Dairy

Milk, nonfat, 1%	1 cup
Evaporated milk	½ cup
Kefir	1 cup
Powdered milk	⅓ cup dry
Soy milk, plain	2 cups
Yogurt, plain or artificially sweetened	1 cup
Greek yogurt, plain.	1 cup

TIP

Cheeses are on the protein list. You may have cheese at breakfast.

THE FOODS BELOW DO NOT COUNT FOR CARBOHYDRATE.

Choose healthy, lean meat and dairy foods. Choose vegetable fats.

Protein

Meat (beef, pork, lamb, goat)
Poultry (chicken, turkey)
Fish (salmon, catfish, tilapia, trout)
Shellfish (clams, crab, imitation shellfish, lobster, scallops, shrimp, squid)
Cheese (hard, soft, cottage, ricotta)
Egg and egg white products
Soy products (tofu, tempeh, soy butter)

TIP

Choose lean protein and be sure it is well-cooked.

Fats

Avocado
Coconut milk (unsweetened)
Mayonnaise
Nut butters (almond, cashew, peanut)
Nuts (all types)
Canola, olive, peanut oil
Olives (all types)
Seeds (all types)

TIP

Choose healthy oils for cooking.



