

Sample Meal Plans for Gestational Diabetes

These sample meal plans show how to balance your carbohydrates (carbs) throughout the day. Carb servings are listed next to each food. Every meal includes a protein source.

These sample meals should not replace the meal plans you receive from your diabetes care team. Always follow your provider's instructions.

Tips:

- Eat six to seven small, well-balanced meals and snacks each day.
- Do not go more than 3 hours without eating.
- Limit sweets such as sugar, honey, syrup, jam, jelly, desserts, juices, regular soda pop and other sweetened drinks.

Sample Meals – Day 1

Breakfast: 2–3 carb servings

- 2 slices whole-grain bread (2)
- 1 egg (0)
- 1 cup low-fat milk (1)

Morning snack: 1–2 carb servings

- 1 orange (1)
- 3 graham crackers, 2½-inch squares each (1)

Lunch: 3–4 carb servings

- Tuna salad sandwich (2)
- Raw vegetables (0)
- 1 cup fresh strawberries (1)
- 1 cup low-fat milk *or*
100-calorie plain or flavored yogurt (1)

Afternoon snack: 1–2 carb servings

- 1 banana (2)
- Low-fat cheese (0)

Dinner: 3–4 carb servings

- 3 ounces lean beef, pork, chicken or fish (0)
- 1 medium baked potato (2)
- ½ cup cooked broccoli (0)
- Dinner roll with margarine (1)
- Tossed salad with dressing (0)
- 1 cup low-fat milk (1)

Bedtime snack: 2 carb servings

- 6 saltine crackers with peanut butter (1)
- Small pieces of fruit (1)

Sample Meals – Day 2

Breakfast: 2–3 carb servings

- English muffin with peanut butter (2)
- 100-calorie plain or flavored yogurt (1)

Morning snack: 1–2 carb servings

- 1 apple (1)
- 6 to 8 crackers with either low-fat cheese or peanut butter (1)

Lunch: 3–4 carb servings

- Chicken caesar salad (0)
- 2 slices french bread with margarine (2)
- 1 cup melon cubes (1)
- 1 cup low-fat milk (1)

Afternoon snack: 2 carb servings

- 3 cups popped popcorn (1)
- 1 orange (1)
- Cheese stick (0)

Dinner: 3–4 carb servings

- 1 cup beef noodle casserole (2)
- ½ cup green beans (0)
- Tossed salad with dressing (0)
- ½ cup canned “lite” fruit (1)
- 1 cup low-fat milk (1)

Bedtime snack: 2 carb servings

- 1 slice toast with peanut butter (1)
- 1 cup low-fat milk (1)

Please speak with your diabetes educator if you do not drink milk, do not eat meat or have *any* questions.