

SAMPLE MEAL PLAN FOR GESTATIONAL DIABETICS

2000 – 2200 Calories

BREAKFAST

1 – 2 sl. whole wheat bread with margarine or peanut butter
1 egg (3 – 4 per week)

MID- MORNING SNACK

½ c. oatmeal
4 oz. fat free or 1% lowfat milk

LUNCH

1 c. wheat noodles or macaroni
3 oz. meat or chicken
1 c. vegetables (broccoli)
1 c. soup
½ fresh fruit (orange)

MID-AFTERNOON SNACK

1 oz. nuts
8 oz. fat free milk or 1 oz. cheese
½ fresh fruit (peach)

DINNER

1 c. brown rice
3 oz. fish
2 oz. tofu
1 c. vegetables (bok choy)
1 c. soup
1 fresh fruit (apple)

EVENING SNACK

4 – 5 whole wheat crackers
8 oz. calcium fortified soymilk