

SAMPLE MEAL PLAN FOR GESTATIONAL DIABETES

2000 – 2200 Calories



BREAKFAST

- 1 c. Oatmeal
- 1 Egg (3 – 4 per week)
- 8 oz. Unsweetened calcium fortified soy milk

MID- MORNING SNACK

- 1 Small fruit
- 1 oz. Unsalted nuts

LUNCH

- 1 c. Whole wheat noodles
- 3 oz. Fish, meat, poultry, tofu, or plant-based protein
- 1 c. Cooked, non-starchy vegetables
- 1 c. Soup



MID-AFTERNOON SNACK

- 1 Small fruit
- ½ c. Greek yogurt

DINNER

- 1 c. Brown rice
- 3 oz. Fish, meat, poultry, tofu, or plant-based protein
- 1 c. Cooked, non-starchy vegetables
- 1 c. Soup

EVENING SNACK

- 5 Whole wheat crackers
- 1½ oz. Cheese

