Advocate Condell Medical Center

Gestational Diabetes Meal Plan

Breakfast 30 grams of carbohydrates

Snack 15-30 grams of carbohydrates

Lunch 30-45 grams of carbohydrates

Snack 15-30 grams of carbohydrates

Dinner 30-45 grams of carbohydrates

Snack 15-30 grams of carbohydrates

This is your starting meal plan. Over the next few weeks your carbohydrates count may be adjusted according to your blood sugar numbers.

Gestational Diabetes Menu Ideas

**Sample Breakfast Menu**

*30 grams of carbohydrates with protein or healthy fat*

1. ½ cup oatmeal with ¼ cup of walnuts and 8oz of milk
2. ½ English muffin with 1-2 tablespoons of peanut butter and ½ banana
3. 1 slice of toast with a vegetable and cheese omelet and a small apple
4. ½ cup cottage cheese with ¾ cup of blueberries and 6-8 crackers
5. 6oz greek yogurt and 1 cup of cubed melon
6. Breakfast sandwich (1 whole wheat English muffin with scramble egg and cheese)

**Sample Lunch of Dinner Menu**

*30 grams of carbohydrates with protein or healthy fat*

1. 1 slice of whole grain bread, 2-3 ounces of meat w/lettuce and tomato, and 1 small apple
2. 1 cup of vegetables soup with 6 saltine crackers and 2ounces of sliced cheese
3. Caesar salad with chopped romaine, 2-3 ounces of grilled chicken, 2 tablespoons of light Caesar dressing, ½ cup of croutons
4. Stir fry with 2-3 ounces of meat/poultry, free vegetables, and 2-3 cups of rice
5. ½ cup of cottage cheese with 1&1/4 cup of melon with 10 Wheat Thins

*45 gram of carbohydrates with protein or healthy fat*

1. 2 slices of whole grain bread with 2-3 ounces of meat or meat filler with lettuce and tomato, and 1 small apple
2. 1 cup of tomato soup, grilled cheese, and free vegetables with low fat dip
3. Stir fry with 2-3 ounces of meat/poultry, free vegetables, and 1 cup of rice
4. Caesar salad with 2-3 ounces of grill chicken, 2 tablespoons of light Caesar dressing, ½ cup of croutons, and 1 small pear

**Sample Snack Menu** (15 grams of Carbohydrates)

1 small apple with 1-2 Tablespoon peanut butter

6-8 crackers with 1-2 slices cheese

1 slice bread with 1-2 Tablespoon peanut butter

½ cup of oatmeal with ¼ cup walnuts

½ English muffin with 1 slice cheese

10-12 chips with guacamole

¼ cup hummus and free vegetables

**Sample Snack Menu** (30 grams of Carbohydrates)

1 small apple with 1-2 tablespoon peanut butter and 8 ounces milk

6-8 crackers with 1-2 slices cheese and ¾ cup blueberries

1 slice bread with 1-2 Tablespoon peanut butter with 8 ounces milk

1 cup of oatmeal with ¼ cup walnuts

½ English muffin with 1 slice cheese and 1&1/4 cup of strawberries

10-12 chips with ½ cup of refried beans and guacamole

¼ cup hummus with 8 pita chips and free vegetables

**Sample Snack Menu** (Minimal Carbohydrates)

Sugar-Free Jell-O with cool whip

Sugar-Free Popsicles

Nuts or seeds of any kind

Cheese sticks, cube or slices

Free Vegetables with low fat dressing

Cottage chees

Hardboiled eggs