

# Sample Meal Plans for Gestational Diabetes

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These sample meal plans show how to balance your carbohydrates (carbs) throughout the day.

**Carb servings are listed below 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 care team's instructions.

## Tips:

- Eat 6 to 7 small, well-balanced meals and snacks each day.
- **Don't** 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.