

Sample meal plan for gestational diabetes (2000 calories)



If you have gestational diabetes (diabetes that occurs during your pregnancy), it is important to eat right, along with exercise. Watching how many carbohydrates you eat (carbohydrates can turn into sugar) will help you maintain healthy sugar levels. Sticking to eating a 2,000-calorie per day diet will also help to keep you and your baby healthy throughout your pregnancy.

The meal plan below contains approximately 2,000 calories.*

Time: Eat every 2-3 hours	How many carbohydrates should you eat?	Portions: <i>Carbohydrates are in bold.</i>	Sample menu: Day 1	Sample menu: Day 2
7:00 a.m. - 8:00 a.m.	1 carb. portion or 15 grams	Breakfast <ul style="list-style-type: none"> • 1 starch/bread • 1 protein food • 0 -1 vegetable • 1 fats/oils 	<ul style="list-style-type: none"> • 1/4 whole wheat bagel • egg scrambled with onions & bell pepper • 1 teaspoon oil or butter 	Cheese quesadilla <ul style="list-style-type: none"> • 1 corn tortilla • 1 oz. cheese • 1 teaspoon oil
10:00 a.m.	1 carb. portion or 15 grams	Morning snack <ul style="list-style-type: none"> • 1 fruit • 1 protein food 	<ul style="list-style-type: none"> • 1 cup of cantaloupe • 1/2 cup of Greek yogurt or cottage cheese 	<ul style="list-style-type: none"> • 1/2 cup of mango • 1/4 cup peanuts or almonds
12:00 p.m. - 1:00 p.m.	3 carb. portions or 45 grams	Lunch <ul style="list-style-type: none"> • 2 starch/breads • 3 protein foods • 2+ vegetables • 1 fats/oils • 1 milk 	Sandwich <ul style="list-style-type: none"> • 2 slices whole wheat bread • 3 oz. ham (heated) • Lettuce, sliced tomato • 2 teaspoons mayo • 8 oz. low-fat milk 	Chicken soup <ul style="list-style-type: none"> • Broth with 2 chicken legs • 1 small potato, carrots, cabbage, onion, zucchini, chayote • 1 corn tortilla • Oil for cooking • 8 oz. low-fat milk

Continued →

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Time: Eat every 2-3 hours	How many carbohydrates should you eat?	Portions: <i>Carbohydrates are in bold.</i>	Sample menu: Day 1	Sample menu: Day 2
3:00 p.m. - 4:00 p.m.	2 carb. portions or 30 grams	Afternoon snack <ul style="list-style-type: none"> • 1 fruit • 1 milk • 1 protein food 	<ul style="list-style-type: none"> • 1 cup of strawberries • 6-8 oz. of plain yogurt • 20 almonds 	<ul style="list-style-type: none"> • 1 peach • 1 mozzarella string cheese • 5 Triscuits™
6:00 p.m. - 7:00 p.m.	3 carb. portions or 45 grams	Dinner <ul style="list-style-type: none"> • 3 starch/breads • 3 protein foods • 2+ vegetables • 2 fats/oils 	<ul style="list-style-type: none"> • 1 cup of lasagna made with lean beef, spinach, spaghetti sauce, and cheese • 1 cup cooked broccoli • Green salad with 4 slices of avocado, dressing 	<ul style="list-style-type: none"> • 1/2 cup cooked beans • 2 enchiladas made with chicken and cheese • 2 cups green salad • 1 tablespoon of salad dressing, 2 teaspoons oil for cooking
Bedtime or 9:00 p.m. - 10:00 p.m.	1 carb. portion or 15 grams	Bedtime snack <ul style="list-style-type: none"> • 1 starch/bread • 1 protein food • 1 fats/oils 	<ul style="list-style-type: none"> • 10 small Wheat Thins • 2 tablespoons peanut butter 	<ul style="list-style-type: none"> • 1 corn tortilla or 1 bread • 1 oz. cheese or 1 oz. turkey or ham (heated if pre-sliced) • 1 teaspoon oil or mayo

*~180 g carb; ~40% of calories from carbohydrate | ~80 g fat; ~38% of calories from fat | ~100 g protein; ~22% of calories from protein

As part of your healthcare team, we want to make sure that you have the best health possible during your pregnancy.

Following your doctor's advice and eating healthy while pregnant will ensure that you are happy, healthy and better prepared for welcoming your baby.

If you have any questions, please speak with your doctor or a member of your healthcare team.



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