



# MEAL PLANNING FOR GESTATIONAL DIABETES



BRAZOS VALLEY  WOMEN'S CENTER

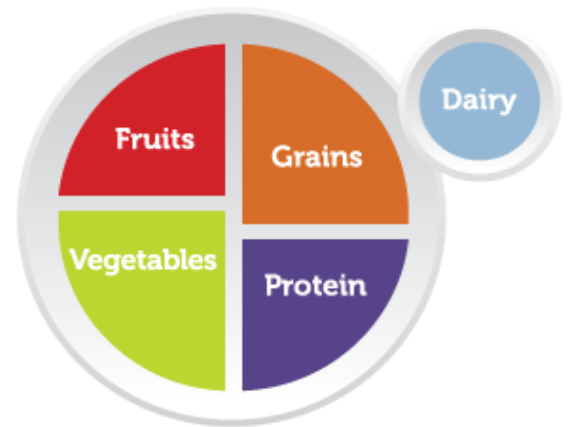
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# HEALTHY EATING IS CORNERSTONE IN MANAGING YOUR GESTATIONAL DIABETES

This handout was designed to help you pick the correct combination of food to best manage your blood sugar and provide optimal nutrition for you and your baby.

The following pages will help guide you in menu planning until you can meet with a Registered Dietitian.

Page three of this guide displays a variety of foods from different food groups (Grains, Fruit, Starchy Vegetables and Dairy). Please review each category (square) and the amount of food listed that equates to 1 carbohydrate (carb) choice. For example, 1 tortilla is 1 carb as is 1 cup of milk. The right balance of carbohydrate containing food, protein, and fat are necessary for optimum blood sugar values. Once you review this page, see how we used these foods to design Breakfast, Mid-Day/ Evening Meals and Snacks (following pages).



## UNTIL WE KNOW HOW YOUR BLOOD SUGAR WILL RESPOND TO DIET, WE SUGGEST FOLLOWING:

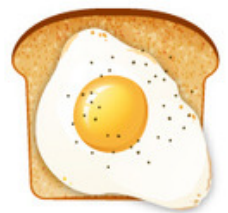
**Breakfast:** Use 2 carb meals as defined by the circles.

If you are experiencing low blood sugar (under 70 mg/dl) 2 hrs after breakfast, add 1 carb from the corresponding square so you have a total of 3 carbs at breakfast.

**Lunch & Dinner:** Start with 3 carbs as represented by the circle at each meal. If you experience low blood sugar (under 70 mg/dl) 2 hrs after either meal, add 1 carb from the corresponding square to equal 4 carbs.

**Snacks:** Select a 2 carb snack between breakfast and lunch. However, if you experience a high 2-hr blood sugar after lunch, change to 0 or 1 carb snacks at this time. Use 1 carb snacks between lunch and dinner, and after supper and adjust up or down (0 carb or 2 carb) depending on your blood sugar (see my blood sugar goals below).

The last page of this guide is a **Sample Menu** that illustrates the distribution of carbohydrates in meals and snacks to help give you a visual of what a daily menu should look like.



# FOOD LABELS

To determine how many carb servings are in a food, you must first find the Nutrition Facts label on the packaging. Find the total carbohydrate in grams. Next divide the total grams of carbohydrate by 15. This will tell you the carb servings. For example, the product below has 37 grams of carbohydrate/15 = 2 carb servings per 2/3 cup serving.

**Nutrition Facts**  
8 servings per container  
**Serving size** 2/3 cup (55g)

Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## BLOOD SUGAR TARGETS

You need to test your blood sugar 4 times each day. Your blood sugar number needs to be in the target range. If your number is higher than the target, look at the number of carbs you consumed prior to that test, and try eating one less. If it is lower than the target, try adding 1 carb to your prior meal or snack. Keeping a written journal of the times you eat, the food you consume and your blood sugar values will help your health care provider know if you need to change your diet or add medication.

Test Time	Target
When you get up (before breakfast)	60 - 95
Two hours after breakfast	Under 120
Two hours after lunch	Under 120
Two hours after dinner	Under 120



# 1 CARB SERVING EXAMPLES

1

## Choose Healthy Grains



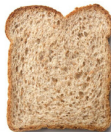
**2 Taco Shells**

*Choose Whole Wheat*



**1 Tortilla**

*Choose Whole Wheat Flour or Whole Corn*



**1 Slice Bread**

*Choose Whole Grain/Wheat*



**6 Crackers**

*Choose Whole Grain*



**1/2 c. Rice**

*Choose Brown or Wild*

1

## Fun with Fruits



**1 Melon**

*Slices are based on a medium sized*



**1/2 cup Fruit Cocktail**



**1 Apple**

*Choose a small as your serving size*



**1 Plum**

*Choose a large*



**15 Grapes**



**8 Strawberries**

*Choose Large*



**1/2 c. Canned Pears**

*Choose the "No Sugar Added" variety*

1

## Searching for Starchy Vegetables



**1/2 ear Corn**



**1/2 c. Peas**

*Don't add salt!*



**1 cup Soup**



**1/2 c. Beans**

*Choose fat free*



**1 Potato**

*Choose the size of your fist*

1

## Different Dairy Choices



**1 c. Milk**

*Choose Low Fat Milk*



**1 c. Yogurt**

*Choose light Greek Yogurt*



**1 c. Soy Milk**

*Choose for an alternative to cows milk*

# BREAKFAST

Each Circle is two carb choices and each square is one carb choice. Avoid eating fruit for breakfast. It is better to eat them later in the day. You need to select a food circle (2 carbs) at breakfast. Look for a ✓ check mark in the circle to determine which foods are carbohydrate servings. If you experience low blood sugar (under 70) after breakfast, add a food from the 1-Carb Square.

2



✓ **1 Slice Whole Grain Bread**  
Choose whole wheat bread




**2 Tbsp Peanut Butter**




✓ **1/2 Cup Light Non-Fat Yogurt**  
Choose light & low fat

1


### Choose Healthy Grains




**2 Taco Shells**  
Choose Whole Wheat




**1 Tortilla**  
Choose Whole Wheat Flour or Whole Corn



**1 Slice Bread**  
Choose Whole Grain/Wheat




**6 Crackers**  
Choose Whole Grain

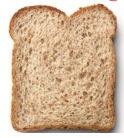


**1/2 c. Rice**  
Choose Brown or Wild


2




✓ **1/2 Oatmeal**  
Make sure its Sugar-Free



✓ **1 slice**



**Handful Nuts**



**2 Sausage Patties**  
Aim for Low Fat or Less Fat

1

### Different Dairy Choices



**1 c. Milk**  
Choose Low Fat Milk



**1 c. Yogurt**  
Choose light Greek Yogurt



**1 c. Soy Milk**  
Choose for an alternative to cows milk



# BREAKFAST

2

2 Eggs



1/4 Cup  
cheese



2 Slices Turkey  
Bacon

Low Fat or Less Fat



1 Cup



1/4 Avocado



1 Corn Tortillas  
Use Whole Corn

1

## Searching for Starchy Vegetables



1/2 ear Corn



1/2 c. Peas

Don't add salt!



1 cup Soup



1/2 c. Beans  
Choose fat free



1 Potato  
Choose the size of your  
fist

2



2 tsp



1/4 Avocado

2 Eggs



1/2 Cup



Aim for Fat Free



1 Tortilla

1/4 cup cheese  
Choose Reduced Fat

1

## Different Dairy Choices



1 c. Milk  
Choose Low Fat  
Milk




1 c. Yogurt  
Choose light Greek  
Yogurt



1 c. Soy Milk  
Choose for an alternative  
to cows milk

# MID-DAY AND EVENING MEALS

Each circle is three carb choices and each square in one carb choice. Look for a  to determine which foods are carbohydrate servings. You need to select a food circle (3 carbs) at lunch and dinner. If you experience low blood sugar (under 70) after your meal, add a food from the 1-Carb square



**3**

1/2 cup  
No Salt Added




2 tortillas



1/2 Cup  
Fat Free 



1/4



Size of deck of cards  
3 oz



## Fun with Fruits



1 Melon  
Slices are based on a medium sized



1/2 cup Fruit Cocktail



1 Apple  
Choose a small as your serving size



1 Plum  
Choose a large



15 Grapes



8 Strawberries  
Choose Large



1/2 c. Canned Pears  
Choose the "No Sugar Added" variety



**3**



1 small salad  
Use light dressing



1 Tbsp  
Light Mayo



1/2 banana 



2 slices  
100% whole wheat 



3 oz  
Packed in water



1 stick  
Light or 2%



## Different Dairy Choices



1 c. Milk  
Choose Low Fat Milk



1 c. Yogurt  
Choose light Greek Yogurt



1 c. Soy Milk  
Choose for an alternative to cows milk

# MID-DAY AND EVENING MEALS

3

✓ 1 small apple

✓ 1/2 cup rice

✓ 1/2 cup no salt added

✓ 1/2 cup rinse before heating

1 Tbsp low fat

4 + ounces grill or bake

1

## Choose Healthy Grains



2 Taco Shells  
*Choose Whole Wheat*



1 Tortilla  
*Choose Whole Wheat Flour or Whole Corn*



1 Slice Bread  
*Choose Whole Grain/Wheat*



6 Crackers  
*Choose Whole Grain*



1/2 c. Rice  
*Choose Brown or Wild*

3

3 Eggs

1/4 cup cheese

✓ 1 Tortilla whole wheat

✓ 1 Cup 1 or 2%

✓ 1/2 cup fruit no sugar added

1

## Searching for Starchy Vegetables



1/2 ear Corn



1/2 c. Peas  
*Don't add salt!*



1 cup Soup



1/2 c. Beans  
*Choose fat free*



1 Potato  
*Choose the size of your fist*



# SNACK MENU

## CARB CHOICE



### SNACK #1



1/2 CUP



egg, tuna or chicken salad with celery sticks

### SNACK #2



veggies and dip

### SNACK #5



sugar-free jello

### SNACK #3



string cheese

### SNACK #4



nuts

## CARB CHOICE



### SNACK #1



whole wheat tortilla with sliced cheese

### SNACK #2



light low-fat yogurt with unsalted cashews

### SNACK #3



small apple with peanut butter

# SNACK MENU

## CARB CHOICE



### SNACK #1



1/2 CUP



1 CUP

wheat cereal and low-fat milk

### SNACK #2



9 CRACKERS



3 SLICES

cheese and whole grain crackers

### SNACK #3

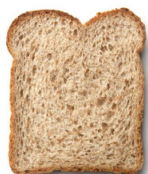


1 TORTILLA



1/2 CUP

whole wheat tortilla and beans



2 SLICES



2 TBSP.

Peanut Butter and Bread

# SAMPLE MENU

## BREAKFAST

Oatmeal - 1/2 Cup  
Nuts - 1 Handful  
Toast - 1 Slice  
Sausage - 2 Patties



Carb Servings: 2

## MID MORNING SNACK

1 Tortilla  
Beans - 1/2 cup



Carb Servings: 2

## LUNCH

1/2 Banana  
1 Light String Cheese  
2 Bread Slices  
1 Tbsp Mayo  
3/4 c. Tuna



Carb Servings: 3

## MID AFTERNOON SNACK

1 Apple  
1 String Cheese



Carb Servings: 1

## DINNER

2 Corn Tortillas  
1 c. Green Beans  
1/2 c. Beans  
3 oz. Ground Beef  
1/4 Avocado



Carb Servings: 3

## BEDTIME SNACK

1 cup Milk



Carb Servings: 1

**Total Carb Choices: 12**