

## Sample Meal Plan For Women with Gestational Diabetes

While you have gestational diabetes, it is important to eat three meals plus three snacks a day. One snack should be at bedtime. It's also important to spread carbohydrate containing foods evenly throughout the day. (Refer to the fact sheet "Healthy Eating Guidelines for Gestational Diabetes" for more information.)

Use the sample meals and snacks below as a guide. Vary your meals and snacks based on your own food preferences.

### Sample Breakfasts

<i>Breakfast Number 1</i>	<i>Breakfast Number 2</i>	<i>Breakfast Number 3</i>
175 mL ( $\frac{3}{4}$ cups) cooked oatmeal with 2 Tbsp nuts  250 ml (1 cup) skim or 1% milk  1 medium orange  Glass of water	1 slice (35 g) whole wheat toast with $\frac{1}{3}$ avocado, mashed  30 g (1 oz) cheese or 1 hard boiled egg or 30 mL (2 Tbsp) 100% natural peanut butter  $\frac{1}{2}$ medium mango  175 mL ( $\frac{3}{4}$ cup) plain low fat or 250 mL (1 cup) diet fruit yogurt	2 slices (70 g) whole wheat toast with 10 mL (2 tsp) non- hydrogenated margarine  1 scrambled egg with diced mushrooms, bell peppers and onion  250 mL (1 cup) skim or 1% milk

### Sample Lunches

<i>Lunch Number 1</i>	<i>Lunch Number 2</i>	<i>Lunch Number 3</i>
<p>375 mL (1 ½ cups) mushroom &amp; barley soup</p> <p>Half tuna salad sandwich on 1 slice (35 g) of whole wheat bread</p> <p>Green salad - lettuce, tomato, cucumber, broccoli, bell pepper, 1/3 of a chopped avocado, 15 mL (1 Tbsp) oil and vinegar dressing</p> <p>250 mL (1 cup) skim or 1% milk</p>	<p>Bean burrito - 125 mL (½ cup) refried beans, small whole wheat tortilla, 30 g (1 oz) grated cheese, salsa, lettuce and tomato</p> <p>Vegetable sticks with low fat dip</p> <p>250 mL (1 cup) skim or 1% milk</p>	<p>Half roast beef sandwich - 45 g (1 ½ oz) roast beef, 1 slice (35 g) of whole grain bread, 10 mL (2 tsp) mayo, avocado slices, tomato slices and lettuce</p> <p>175 mL (¾ cup) plain, low fat yogurt</p> <p>250 mL (1 cup) blueberries</p> <p>Glass of water</p>

## Sample Dinners

<i>Dinner Number 1</i>	<i>Dinner Number 2</i>	<i>Dinner Number 3</i>
75 g (2 ½ oz)	250 mL (1 cup) chilli	Salmon burger - 75 g

<p>chicken breast with 15 mL (1 Tbsp) barbeque sauce</p> <p>½ medium potato, with skin</p> <p>60 mL (¼ cup) low fat sour cream and chives, for potato</p> <p>Asparagus spears, pan fried in 5 mL (1 tsp) canola oil</p> <p>250 mL (1 cup) skim or 1% milk</p> <p>2 medium kiwi</p>	<p>con carne with beans</p> <p>75 mL (2/3 cup) brown rice</p> <p>Green salad - lettuce, tomato, cucumber, broccoli, bell pepper, 15 mL (1 Tbsp) Italian dressing</p> <p>175 mL (¾ cup) pineapple</p> <p>Glass of water</p>	<p>(2 ½ oz) salmon patty, 1 whole wheat hamburger bun, 15 mL (1 Tbsp) reduced fat mayo, 125 mL (½ cup) red onion fried in 5 mL (1 tsp) canola oil, tomato slice and lettuce</p> <p>250 mL (1 cup) coleslaw</p> <p>175 mL (¾ cup) of plain low fat yogurt</p> <p>Glass of water</p>
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## Snack Ideas

- | 4 melba toast crackers and 50 g (1 ½ oz) cheese
- | 60 mL (¼ cup) walnuts and 1 apple
- | 15 mL (1 Tbsp) peanut butter (or other nut or seed butter) on 1 slice (35 g) of whole grain toast
- | 750 mL (3 cups) of popcorn (low fat) and 250 mL (1 cup) milk
- | 175 mL (¾ cup) plain, low fat yogurt and 1 small banana
- | 175 mL (¾ cup) hummous and ½ pita
- | 250 mL (1 cup) cottage cheese and 125 mL (½ cup) pineapple tidbits



## Additional Resources

- | Canadian Diabetes Association [www.diabetes.ca](http://www.diabetes.ca)
- | Healthy Eating for Women with Gestational Diabetes  
<http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=JMfrUAA=&PreviewHandout=bA==>

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