

# Sample Meal Plan and Menu Ideas for Gestational Diabetes (GDM) and After Delivery

The following information is meant to be used with the *Using the Diabetes Plate with Gestational Diabetes and After Delivery* handout. Work with your dietitian to make sure your eating plan meets your personal needs.

## Sample Meal Plan: **Gestational Diabetes**

1ST TRIMESTER	2ND TRIMESTER	3RD TRIMESTER
<b>Breakfast</b>		
<ul style="list-style-type: none"> <li>▪ 1 ounce of lean protein</li> <li>▪ 2–3 servings of carbohydrates               <ul style="list-style-type: none"> <li>▫ 1–2 servings whole grains or 1 serving low-fat milk or yogurt</li> <li>▫ Limit bagels, muffins, cereal, oatmeal, and fruit juices</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 ounce of lean protein</li> <li>▪ 3 servings of carbohydrates               <ul style="list-style-type: none"> <li>▫ 2 servings of whole grains or beans, plus a plain Greek yogurt</li> <li>▫ Limit bagels, muffins, cereal, oatmeal, and fruit juices</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 ounce of lean protein</li> <li>▪ 2 servings of carbohydrates as whole grains or beans               <ul style="list-style-type: none"> <li>▫ Limit bagels, muffins, cereal, oatmeal, and fruit juices</li> </ul> </li> <li>▪ 1 serving of vegetables</li> </ul>
<b>Lunch &amp; Dinner</b>		
<ul style="list-style-type: none"> <li>▪ 2.5 ounces of lean protein</li> <li>▪ 3 servings of non-starchy vegetables</li> <li>▪ 4 servings carbohydrates               <ul style="list-style-type: none"> <li>▫ Make sure to include at least 1 cup of milk or plain Greek yogurt at lunch <b>or</b> dinner + 1 serving of fruit at lunch <b>and</b> dinner + 2 servings of whole grain or beans at lunch <b>and</b> dinner</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ 2.5 ounces of lean protein</li> <li>▪ 3 servings of non-starchy vegetables</li> <li>▪ 4 servings carbohydrates               <ul style="list-style-type: none"> <li>▫ Make sure to include at least 1 cup of milk or plain Greek yogurt at lunch <b>or</b> dinner + 1 serving of fruit + 2 servings of whole grain or beans at lunch <b>and</b> dinner</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ 2.5 ounces of lean protein</li> <li>▪ 3 servings of non-starchy vegetables</li> <li>▪ 4 servings carbohydrates               <ul style="list-style-type: none"> <li>▫ Make sure to include at least 1 cup of milk or plain Greek yogurt at lunch <b>or</b> dinner + 1 serving of fruit + 2 servings of whole grain or beans at lunch <b>and</b> dinner</li> </ul> </li> </ul>
<b>Snacks</b>		
<p>Quantity: 2</p> <ul style="list-style-type: none"> <li>▪ 1 cup low-fat milk</li> <li>▪ A cheese stick</li> </ul> <p style="text-align: center;"><b>or</b></p> <ul style="list-style-type: none"> <li>▪ Plain Greek yogurt</li> </ul>	<p>Quantity: 2</p> <ul style="list-style-type: none"> <li>▪ 1 cup low-fat milk, plain Greek yogurt, or a cheese stick</li> </ul> <p style="text-align: center;"><b>plus</b></p> <ul style="list-style-type: none"> <li>▪ A serving on whole grain carbohydrate</li> </ul>	<p>Quantity: 3</p> <ul style="list-style-type: none"> <li>▪ Snacks 1 and 2: 1 cup of low-fat milk or plain Greek yogurt + a serving of whole grain carbohydrate</li> <li>▪ Snack 3 1 serving of whole grain carbohydrate + 1 ounce of lean protein</li> </ul>

## Sample Menu Ideas: **Gestational Diabetes**

1ST TRIMESTER Sample Menu for 2,000 Daily Calories	2ND TRIMESTER Sample Menu for 2,400 Daily Calories	3RD TRIMESTER Sample Menu for 2,600 Daily Calories
<b>Breakfast</b>		
<ul style="list-style-type: none"> <li>▪ 1 whole wheat tortilla topped with scrambled eggs</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Salsa and sliced avocado</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 whole wheat tortilla topped with scrambled eggs, onions, and peppers</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Salsa and sliced avocado</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2 whole wheat tortilla topped with scrambled eggs, onions, and peppers</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Salsa and sliced avocado</li> </ul>
<b>Lunch</b>		
<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> <ul style="list-style-type: none"> <li>▫ Serve on a whole grain tortilla</li> </ul> </li> <li>▪ Sliced tomatoes and cucumbers</li> <li>▪ 1/3 cup cooked black beans</li> <li>▪ Apple</li> <li>▪ 1 cup low-fat milk or high-protein yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> <ul style="list-style-type: none"> <li>▫ Topped with slice of part skim milk mozzarella cheese served on a whole grain tortilla</li> </ul> </li> <li>▪ Sliced tomatoes and cucumbers</li> <li>▪ Nopales</li> <li>▪ Apple</li> <li>▪ Four graham cracker halves</li> <li>▪ 1 cup low-fat milk or high-protein yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> <ul style="list-style-type: none"> <li>▫ A slice of low-fat mozzarella</li> </ul> </li> <li>▪ <b>Simple brown rice with scallions</b></li> <li>▪ 1/3 cup beans + grilled bell peppers</li> <li>▪ Raw carrots and celery sticks with 1/2 cup of plain Greek yogurt mixed with pico de gallo as dipping sauce</li> <li>▪ 1/2 cup cut mango served with 1/2 cup of plain Greek yogurt</li> </ul>
<b>Dinner</b>		
<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Green beans with mushrooms and onions</b></li> <li>▪ Sliced jicama with lime and avocado</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Green beans with mushrooms and onions</b></li> <li>▪ 1 cup of plain yogurt with chopped jicama</li> <li>▪ Green onion, parsley, dill, and pistachios</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Green beans with mushrooms and onions</b></li> <li>▪ <b>Grilled chili with lime</b></li> <li>▪ Sliced jicama with lime and avocado</li> </ul>
<b>Snacks</b>		
<p><b>Snack 1:</b> 1 cup of low-fat plain Greek yogurt and 2 sliced guavas</p> <p><b>Snack 2:</b> 1 cup of low-fat milk or plain Greek Yogurt</p>	<ul style="list-style-type: none"> <li>▪ 1 cup of low-fat plain Greek yogurt and 2 sliced guavas</li> </ul>	<p><b>Snack 1:</b> 1 cup of low-fat plain Greek yogurt and 2 sliced guavas</p> <p><b>Snack 2:</b> 1 cup of low-fat milk or plain Greek Yogurt with 2 graham crackers halves</p> <p><b>Snack 3:</b> 3 cups of popcorn with sprinkled Parmesan cheese</p>

## Sample Meal Plan and Menu Ideas: **Postpartum**

After your baby is born, continue following a healthy lifestyle which includes eating a balanced meal plan and being active. An easy way to stay on track is by following the Diabetes Plate. This simple guide teaches you how to fill  $\frac{1}{2}$  your nine-inch plate with non-starchy vegetables,  $\frac{1}{4}$  of the plate with lean protein,  $\frac{1}{4}$  of the plate with carbohydrate foods and a 0-calorie beverage. Try to be physically active 30 minutes per day.

SAMPLE MEAL PLAN: BREASTFEEDING		
Breakfast	Lunch and Dinner	Snacks
<ul style="list-style-type: none"> <li>▪ 1 ounce of lean protein</li> <li>▪ 2 servings of carbohydrates as whole grains or beans</li> <li>▪ 1 serving of non-starchy vegetables</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2.5 ounces of lean protein</li> <li>▪ 3 servings of non-starchy vegetables</li> <li>▪ 4 servings carbohydrates               <ul style="list-style-type: none"> <li>▫ Make sure to include at least 1 cup of milk or plain Greek yogurt at lunch <b>or</b> dinner + 1 serving of fruit at and 2 servings of whole grain or beans at lunch <b>and</b> dinner</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Snacks 1 and 2:               <ul style="list-style-type: none"> <li>▫ 1 cup of low-fat milk or plain Greek Yogurt</li> <li>▫ 1 serving of whole grain carbohydrate</li> </ul> </li> <li>▪ Snacks 3               <ul style="list-style-type: none"> <li>▫ 1 whole grain carbohydrate</li> <li>▫ 1 ounce of protein</li> </ul> </li> </ul>
SAMPLE MENU IDEAS: BREASTFEEDING FOR 2,800 DAILY CALORIES		
Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>▪ 2 whole wheat tortilla topped with scrambled eggs, onions, and peppers</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Salsa and sliced avocado</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> served on top of <b>Simple brown rice with scallions</b></li> <li>▪ 1 whole grain tortilla + grilled peppers</li> <li>▪ Raw carrots and celery sticks with 1/2 cup of plain Greek yogurt mixed with pico de gallo as dipping sauce</li> <li>▪ 3/4 cup cut mango served with 1/2 cup of plain Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Green beans with mushrooms and onions</b></li> <li>▪ <b>Grilled chili with lime</b></li> <li>▪ Sliced jicama with lime and avocado</li> </ul>
		Snacks
		<ul style="list-style-type: none"> <li>▪ 1 cup of low-fat plain Greek yogurt and 2 sliced guavas</li> <li>▪ 1 cup of low-fat milk or plain Greek yogurt with 2 graham crackers halves</li> </ul>