

## Sample Meal Plan Healthy Eating for Diabetes in Pregnancy

<b>Breakfast</b>	<b>Carbs (grams)</b>	<b>Food Choices</b>
2 Grain Servings	30 g	2 slices of whole grain Toast w/ nut butter or 250 ml Oatmeal
1 Milk/Alt Serving	15 g	250 ml Milk or Soy Beverage or 175 ml Yogurt
	Total Carb 45 g	
<b>Am Snack</b>		
1 Fruit Serving	15 g	1 piece of fruit or 2 cups berries
1 Milk/Alt Serving		Cottage cheese
	Total Carb 15 g	
<b>Lunch</b>		
2 Grain Servings	30 g	250 ml cooked Rice or Pasta or Barley (1 Fist) or 1 Pita
1 Milk/Alt Serving	15 g	250 ml Milk or 175 ml Yogurt
1 Meat/Alt serving	15g (lentils)	30-60 grams (1/2 of palm size) cooked meat, canned fish or 1 cup stewed lentils
2 Vegetable servings		250 ml Garden Salad or Raw Vegetables
	Total Carb 45-60 g	
<b>Pm Snack</b>		
1 Fruit serving	15 g	125 ml unsweetened Apple Sauce or Fruit Cup
1 Meat/Alt serving		1/4 cup almonds
<b>Supper</b>		
2 Grain Servings	30 g	250 ml Potatoes or Quinoa or Corn or a small whole grain bun
1 Fruit Servings	15 g	1 piece of fruit
Meat/Alt Serving		1 palm full of cooked chicken, beef, pork, fish or 1/2 cup roasted chickpeas
2 Vegetable Servings		125 ml Carrots and 125 ml Spinach or Kale
	Total Carb 45 g	
<b>Evening Snack</b>		
1 Grain Serving	15 g	1 slice whole grain toast
Meat/Alt Serving		25 ml peanut butter or 30 grams of cheese
	Total Carb 15g	