

## Gestational Diabetes Sample 1-Day Menu

Breakfast	1 – 2 eggs or serving of raw nuts or seeds ¼ Avocado if desired 1 cup or 1 medium piece of fruit (1 -2 carbohydrate serving) ½ cup cottage cheese or plain yogurt
Morning Snack	4 whole grain crackers (1 carbohydrate serving) 1.5 oz cheddar cheese
Lunch	2 slices whole-grain bread (2 carbohydrate serving) 3 oz lean meat Sliced avocado or Mayonnaise 1 cup Plain (full fat) Yogurt + Berries (1-2 carb serving) 3 carrot sticks 3 celery sticks
Afternoon Snack	1 small whole wheat pita (1 carbohydrate serving) ½ cup sliced cucumbers ½ cup sliced tomatoes 2 Tbsp hummus OR make ½ sandwich
Evening Meal	3oz skinless chicken breast ¼ large baked potato (1 carbohydrate serving) sour cream ½ cup cooked broccoli dinner salad salad dressing (olive oil based) ½ cup peas (1 carbohydrate serving) ¾ cup berries (1 carbohydrate serving)
Evening Snack	1 Tbsp almond butter or ¼ cup raw nuts 1 small to medium apple or desired fruit (1 carb serving)

### Other Foods:

- Count 1 cup raw vegetables or ½ cup cooked non-starchy vegetables as zero carbohydrate servings or “free” foods. If you eat 3 or more servings at one meal, count them as 1 carbohydrate serving
- Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods. These foods should be eaten in small amounts
- Count 1 cup of casserole or other mixed foods as 2 carbohydrate servings.

## **NO sugary beverages!**

**This includes sodas, sweet tea, juice, lemonade/fruit punch**

*\*If you choose to drink juice then no more than 4oz (1/2 cup) for the whole day\**