

## Diabetes (Gestational) - Suggested Meal Plan

CARBOHYDRATE (1 serve = 15g carbohydrates)		PROTEIN (≥ 2 serves/day)	VEGETABLES (as much as you like)	FATS
<b>Breakfast Cereals</b> ¼ cup untoasted muesli ½ cup raw rolled oats 1 ½ wheat biscuits ¾ cup oat porridge (cooked with water)	<b>Rice/Pasta/Grains</b> ½ cup cooked white rice ¼ cup cooked brown rice ½ cup cooked pasta ¾ cup cooked egg noodles ¼ cup cooked rice noodles or vermicelli ½ cup cooked instant wheat noodles ½ cup cooked udon noodles ½ cup cooked couscous ½ cup cooked quinoa or buckwheat 2 ½ cups cooked plain popcorn	<b>Meat</b> (1 serve = 1 palm size) beef lamb chicken pork fish or seafood venison 2 eggs <b>Dairy products</b> 2 slices low fat cheese ¼ cup cottage cheese	asparagus broccoli brussel sprouts beetroot* butter beans cabbage carrot* cauliflower celery choko cucumber eggplant green beans kamo kamo leeks lettuce marrow mushroom onion parsley peas* peppers puha pumpkin* radish silverbeet snowpeas spinach spring onion swede sweetcorn* taro leaves tomato watercress zucchini	avocado nuts (no salt) margarine oils peanut butter
<b>Bread/Baked products</b> 1 slice wholegrain bread ½ small wholemeal pita bread ½ wholegrain bread roll or 1 wholegrain dinner roll 4 wholegrain crackers 4 corn thins (thin) or 2 corn thins (thick) 3 rice cakes (thin) or 1 ½ rice cakes (thick) 10 wholegrain rice crackers 2 plain sweet biscuits 2-3 small dumplings	<b>Vegetables</b> 1 egg size potato or kumara ½ medium green banana 1 thin slice taro <b>Dairy products</b> 125g fruit or plain sweetened yoghurt 1 cup lite fruit or plain unsweetened yoghurt 1 cup milk (cow or soy)	<b>Plant</b> ½ cup thick dahl* ½ cup legumes* ½ cup baked beans* ¾ cup tofu	*These may affect your blood glucose levels. Please discuss with your dietitian	

See below for the number of **Carbohydrate** serves to have at each meal or snack:

Breakfast serves:	Morning snack serves:	Lunch serves:	Afternoon snack serves:	Dinner serves:	Evening snack serves:

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