

Diabetes (Gestational) – Indian Suggested Meal Plan

CARBOHYDRATE (1 serve = 15g carbohydrates)	PROTEIN (≥ 2 serves/day)	VEGETABLES (as much as you like)	FATS
<p>Breakfast cereals</p> <ul style="list-style-type: none"> ¼ cup untoasted muesli ½ cup raw rolled oats 1 ½ wheat biscuits ¾ cup oat porridge (cooked with water) <p>Bread / Baked products</p> <ul style="list-style-type: none"> 1 slice wholegrain bread 1 wholemeal or cornmeal roti or chapatti (15cm) ½ small wholemeal pita bread ¾ plain or ½ potato paratha (15cm) 1 small dosa (25cm) 2 small puris (12cm each) 1 pappadum ¼ naan 1 small samosa or 2 small pakoras 4 wholegrain crackers <p>Vegetables</p> <ul style="list-style-type: none"> 1 egg size potato or sweet potato 1 thin slice taro 	<p>Meat</p> <ul style="list-style-type: none"> (1 serve = 1 palm size) lamb goat chicken fish or seafood venison 2 eggs <p>Dairy products</p> <ul style="list-style-type: none"> 2 slices low fat cheese ¼ cup cottage cheese, paneer <p>Plant</p> <ul style="list-style-type: none"> ½ cup thick dahl* ½ cup cooked legumes* ½ cup cooked lentils* ⅓ cup baked beans* ¾ cup tofu 	<ul style="list-style-type: none"> asparagus broccoli beetroot* butter beans cabbage carrot* cauliflower celery chili choko coriander cucumber eggplant garlic gourd green beans leeks lettuce mushroom <p>*These may affect your blood glucose levels. Please discuss with your dietitian</p>	<ul style="list-style-type: none"> avocado nuts (no salt) margarine oils peanut butter

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

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

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