

Diabetes (Gestational) – Indian Suggested Meal Plan

| CARBOHYDRATE (1 serve = 15g carbohydrates) | | PROTEIN (≥ 2 serves/day) | VEGETABLES (as much as you like) | FATS |
|---|---|---------------------------------|-------------------------------------|----------------|
| Breakfast cereals | Rice / Pasta / Grains | | | |
| ½ cup untoasted muesli | ⅓ cup cooked white rice | Meat (1 serve = 1 palm size) | okra | avocado |
| ½ cup raw rolled oats | ½ cup cooked quinoa, dahlia, sooji | lamb | onion | nuts (no salt) |
| 1 ½ wheat biscuits | ⅓ cup cooked couscous | goat | parsley | margarine |
| ¾ cup oat porridge (cooked with water) | ½ cup cooked upma | chicken | peas* | oils |
| | ½ cup gajrela (carrot halwa) | fish or seafood | peppers | peanut butter |
| | | carrot* | puha | |
| | | cauliflower | pumpkin* | |
| | | celery | radish | |
| | | choko | silverbeet | |
| | | coriander | snowpeas | |
| | | cucumber | spinach | |
| | | eggplant | spring onion | |
| | | garlic | swede | |
| | | gourd | sweetcorn* | |
| | | green beans | taro leaves | |
| | | leeks | tomato | |
| | | lettuce | watercress | |
| | | mushroom | zucchini | |
| Bread / Baked products | | | | |
| 1 slice wholegrain bread | ½ cup biryani or pulao meat | Dairy products | | |
| 1 wholemeal or cornmeal roti or chapatti (15cm) | ½ cup khichadi or khichri | 2 slices low fat cheese | | |
| ½ small wholemeal pita bread | 1 square dhokla | ¼ cup cottage cheese, | | |
| ¾ plain or ½ potato paratha (15cm) | 1½ tablespoons cooked tapioca | paneer | | |
| 1 small dosa (25cm) | | | | |
| 2 small puris (12cm each) | | | | |
| 1 pappadum | | Plant | | |
| ¼ naan | 1 handful raw fruit | ½ cup thick dahl* | | |
| 1 small samosa or 2 small pakoras | 1 cup unsweetened stewed fruit | ½ cup cooked legumes* | | |
| 4 wholegrain crackers | 2 tablespoon dried fruit | ½ cup cooked lentils* | | |
| | | ½ cup baked beans* | | |
| | | ¾ cup tofu | | |
| | | | | |
| Dairy products | | | | |
| 1 egg size potato or sweet potato | 125g fruit or plain sweetened yoghurt | | | |
| 1 thin slice taro | 1 cup lite fruit or plain unsweetened yoghurt | | | |
| | 1 cup milk or buttermilk | | | |

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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