My Gestational Diabetes Meal Plan

my daily targets

Carbohydrate: \_\_\_\_\_\_ grams per day (\_\_\_\_\_\_ servings) Fat: \_\_\_\_\_\_ grams per day (\_\_\_\_\_\_ servings)

Protein: \_\_\_\_\_ grams per day (\_\_\_\_\_ ounces, or \_\_\_\_\_ servings) Calories: \_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| When | What and How Much | Menu Ideas |
| Breakfast at about \_\_\_\_\_ a.m.Test your blood glucose before breakfast. Also test at these times:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Carbohydrate:** \_\_\_\_\_ grams (\_\_\_ servings) Starch \_\_\_\_ Milk \_\_\_\_ Fruit \_\_\_\_ Non-starchy vegetable \_\_\_\_**Protein:** \_\_\_\_\_ grams (\_\_\_\_ ounces, or \_\_\_\_ servings)**Fat:** \_\_\_\_ grams (\_\_\_\_ servings) |  |
| Mid-morning snack at about \_\_\_\_\_ a.m. | **Carbohydrate:** \_\_\_\_\_ grams (\_\_\_ servings) Starch \_\_\_\_ Milk \_\_\_\_ Fruit \_\_\_\_ Non-starchy vegetable \_\_\_\_**Protein:** \_\_\_\_\_ grams (\_\_\_\_ ounces, or \_\_\_\_ servings)**Fat:** \_\_\_\_ grams (\_\_\_\_ servings) |  |
| Lunch at about\_\_\_\_\_ a.m. | **Carbohydrate:** \_\_\_\_\_ grams (\_\_\_ servings) Starch \_\_\_\_ Milk \_\_\_\_ Fruit \_\_\_\_ Non-starchy vegetable \_\_\_\_**Protein:** \_\_\_\_\_ grams (\_\_\_\_ ounces, or \_\_\_\_ servings)**Fat:** \_\_\_\_ grams (\_\_\_\_ servings) |  |
| Mid-afternoon snack at about \_\_\_\_\_ a.m. | **Carbohydrate:** \_\_\_\_\_ grams (\_\_\_ servings) Starch \_\_\_\_ Milk \_\_\_\_ Fruit \_\_\_\_ Non-starchy vegetable \_\_\_\_**Protein:** \_\_\_\_\_ grams (\_\_\_\_ ounces, or \_\_\_\_ servings)**Fat:** \_\_\_\_ grams (\_\_\_\_ servings) |  |
| Dinner at about\_\_\_\_\_ a.m. | **Carbohydrate:** \_\_\_\_\_ grams (\_\_\_ servings) Starch \_\_\_\_ Milk \_\_\_\_ Fruit \_\_\_\_ Non-starchy vegetable \_\_\_\_**Protein:** \_\_\_\_\_ grams (\_\_\_\_ ounces, or \_\_\_\_ servings)**Fat:** \_\_\_\_ grams (\_\_\_\_ servings) |  |
| Evening snack at about \_\_\_\_\_ a.m. | **Carbohydrate:** \_\_\_\_\_ grams (\_\_\_ servings) Starch \_\_\_\_ Milk \_\_\_\_ Fruit \_\_\_\_ Non-starchy vegetable \_\_\_\_**Protein:** \_\_\_\_\_ grams (\_\_\_\_ ounces, or \_\_\_\_ servings)**Fat:** \_\_\_\_ grams (\_\_\_\_ servings) |  |