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: \_\_\_\_\_\_\_\_

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| 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) |  |