

## What food groups contain carbohydrates?

### Starch (1 serving = 15 g carbohydrate)

- 1 slice whole grain bread
- ½ bun (hamburger or hotdog bun)
- ½ English muffin
- 1 small whole wheat dinner roll
- 1 6-inch tortilla (corn or flour)
- 6 saltine-type crackers
- 3 cups popped popcorn
- ⅓ cup cooked pasta or noodles
- ⅓ cup cooked rice (white or brown)
- ½ cup cooked cereal
- 1 small baked potato or ½ cup mashed potato
- ½ cup cooked beans
- ½ cup corn kernels or ½ large corn on the cob
- ½ cup cooked green peas
- 1 cup cooked squash
- ½ cup cooked sweet potato yams

### Milk (1 serving = 15 g carbohydrate)

- 8 oz. nonfat, 1% or 2% milk
- 8 oz. plain soy milk (lowfat or nonfat)
- 8 oz. lowfat buttermilk ¾ cup no added sugar plain yogurt (low-fat or fat-free)

### Fruit (1 serving = 15 g carbohydrate)

- 1 small apple or orange
- ½ banana
- 1 cup berries (raspberries, strawberries or blueberries)
- ½ cup canned fruit
- 12–15 cherries or grapes
- ¼ cup dried fruit
- ½ medium grapefruit
- 1 cup cubed melon (watermelon, cantaloupe or honeydew)
- 3 prunes
- 2 tbsp. raisins
- 1 large kiwi
- ½ cup mango
- 1 cup papaya

## Gestational Diabetes Meal Plan

If you have gestational diabetes, you have to pay special attention to your diet, not only for your own health but for the health of your baby. The chart below can be used as a guide to help you better understand how to best manage your diet. You will also find a sample menu, a list of snack ideas, beverage options, and various food groups that contain carbohydrates. Please be sure to speak to a certified diabetes educator (CDE) who has experience in gestational diabetes to help design an eating plan that works for your needs.



Meal/Snack	Carbohydrates	Servings
Breakfast	30 – 45 grams	2 – 3
Morning Snack	15 – 30 grams	1 – 2
Lunch	45 – 60 grams	3 – 4
Afternoon Snack	15 – 30 grams	1 – 2
Dinner	45 – 60 grams	3 – 4
Evening Snack	15 – 30 grams	1 – 2

## One Serving of Carbohydrates = 15 grams

Sample Menu			
	Day 1	Day 2	Day 3
Breakfast	1 cup plain oatmeal (cooked), made with water; 8 walnut halves, cinnamon, and 1–2 tbsp. chia/flaxseed; 1 egg; coffee or tea <b>Total CHO = 30 g</b>	Breakfast tacos: 1 egg, any style, 2 corn tortillas, ½ cup beans, avocado, and salsa; coffee or tea <b>Total CHO = 45 g</b>	1 whole wheat English muffin; 2 tbsp. natural nut butter; coffee or tea <b>Total CHO = 30 g</b>
Morning Snack	1 corn tortilla; 1 oz. mozzarella string cheese or 1 tbsp. natural nut butter; celery or carrot sticks <b>Total CHO = 15 g</b>	8 oz. nonfat or 1% milk; 1 small piece of fruit <b>Total CHO = 30 g</b>	¼ cup cottage cheese; ¾ cup fresh pineapple chunks <b>Total CHO = 15 g</b>
Lunch	½ hot turkey sandwich on whole wheat bread with lettuce, tomato, and avocado; 1 cup tossed green salad with 1–2 tbsp. oil/vinegar dressing; 1 cup cubed cantaloupe; 8 oz. nonfat or 1% milk <b>Total CHO = 45 g</b>	1 cup of lentil or black bean soup; 1 whole wheat pita bread; 1 cup tossed green salad with 1–2 tbsp. oil/vinegar dressing <b>Total CHO = 60 g</b>	1 cup vegetable stir-fry with 3 oz. tofu or “wild” salmon; 1 cup brown rice; 1 cup nonfat or 1% milk <b>Total CHO = 60 g</b>
Afternoon Snack	1 cup mixed berries; 1 cup plain, non-fat 1% Greek yogurt <b>Total CHO = 30 g</b>	1 small apple and celery sticks; 1 tbsp. peanut butter or 1 oz low fat cheese <b>Total CHO = 15 g</b>	1 small orange; 2 high fiber crackers with 2 tbsp. hummus with celery or carrot sticks <b>Total CHO = 45 g</b>
Dinner	3 oz. baked chicken; 1 cup whole wheat pasta; ½ cup tomato sauce; ½–1 cup steamed broccoli <b>Total CHO = 60 g</b>	3 oz roasted turkey; ¾ cup quinoa; ½ cup steamed carrots; 1 cup tossed green salad with 2 tbsp. low-cal dressing; 1 cup nonfat or 1% milk <b>Total CHO = 45 g</b>	3 oz. lean hamburger on a small whole wheat bun with lettuce, tomato, and avocado; 1 cup tossed green salad with 1–2 tbsp. oil/vinegar dressing; 1 slice melon <b>Total CHO = 45 g</b>
Evening Snack	¼ cup nuts ; 8 oz. nonfat or 1% milk <b>Total CHO = 15 g</b>	½ banana with 1 tbsp. of natural nut butter <b>Total CHO = 15 g</b>	¼ cup nuts ; 8 oz. nonfat or 1% milk <b>Total CHO = 15 g</b>
<b>Total CHO per day</b>	<b>195 g</b>	<b>201 g</b>	<b>195 g</b>

## Snack Ideas

### 15g carbohydrate = 1 serving of carbohydrate

- 1 small apple with 1 tbsp. natural nut butter
- 4–6 high fiber crackers with 1 oz. low-fat cheese
- ¼ cup lowfat cottage cheese with 1 cup fresh fruit
- ½ nut butter sandwich on 100% whole wheat bread
- 1 small pear with a 1 hardboiled egg
- 1 cup carrot sticks with ½ cup hummus
- ½ cup fresh fruit w/ 8 oz plain nonfat Greek yogurt
- 1 cup of milk w/ ¼ cup nuts
- 1–2 rice cakes with egg salad
- ½ cup of shelled edamame + 2 tbsp. of pistachios kernels
- 3 cups of popcorn + ¼ cup of nuts
- 12 celery sticks + 2 tbsp. of dried cranberries + 2 tbsp. peanut butter
- 1 slice of 100% whole wheat bread + 1 tbsp. of cream cheese + 2 tbsp. of sunflower seeds
- 1 ounce of original beef or turkey jerky (no nitrates) + 1 small orange
- ¼ cup of wasabi peas + 1 cup of jicama



## Beverage Options (in addition to milk)

- Water
- Carbonated Water (flavored or plain)
- Decaffeinated Tea or Coffee (excluding fancy coffee drinks)

### LIMIT these beverages

- Crystal Light
- Diet Snapple
- Diet Soda
- Vitamin Water Zero

### AVOID these beverages

- Fruit Juices
- Regular Soda
- Lemonade
- Punch
- Gatorade
- Odwalla
- Vitamin Water
- Red Bull, Monster, Rockstar, and other “Energy Drinks”
- Sobe
- Honest Ade
- Any sugar containing beverage