

# MEAL PLANNING WITH GESTATIONAL DIABETES



**HEALTHY MEAL =  
PROTEIN/HEALTHY FAT  
+ 45 GRAMS CARBOHYDRATE  
+ LOTS OF VEGETABLES!**

(One cup of carbohydrates plus two slices of bread is about 45 grams of total carbs.)

## CARBOHYDRATES

Carb rich foods include: sugar, all fruit, potatoes, yams, winter squash, butternut squash, acorn squash, corn, rice, all bread (including whole wheat), pita, bagels, English muffin, quinoa, oats, cereal, crackers, yogurt, tabouli, pastas or noodles (including whole grain), pancakes, waffles, wraps, steamed buns, dumplings, chips, tortilla, plantains, cakes, cookies, candy, ice cream, soda and milk.

## BREAKFAST (COMBINE ITEMS FROM BOTH COLUMNS)

PROTEIN/HEALTHY FAT (PICK ONE OR MORE) +	CARBOHYDRATE/STARCH (45 GRAMS)
Eggs	Cereal, dietary fiber 3 g or more and sugars 6 g or less
Turkey	Waffles or pancakes
Chicken	Oatmeal, old fashioned or steel cut
Ham	Bread, dietary fiber 2 g or more
Low-fat sausage	Half bagel
Cottage cheese or cream cheese	English muffin or bagel thin, dietary fiber 2 g or more
Regular cheese	Crackers, dietary fiber 2 g or more
Almond butter	Granola bar, dietary fiber 3 g or more and sugars 6 g or less
Peanut butter (no sugar)	Fruit *fruit at breakfast may elevate blood sugars
Avocado	Potato, sweet potato or yam
Nuts and seeds	8 oz. milk
Greek yogurt (plain or Chobani for less sugar)	

*Continued on the other side*

**DIABETES CENTER OF EXCELLENCE**  
AMBULATORY CARE CENTER (ACC), SECOND FLOOR  
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

NEW PATIENTS: **855-UMASS-MD** (855-862-7763)  
EXISTING PATIENTS: **508-334-3206**

  
**UMass Memorial Health**

  
University of  
Massachusetts  
**UMASS** Medical School

**Diabetes Center of Excellence**

**WWW.UMMHEALTH.ORG/DIABETES**

## LUNCH/DINNER (COMBINE ITEMS FROM BOTH COLUMNS)

PROTEIN/HEALTHY FAT (PICK ONE OR MORE) +	CARBOHYDRATE/STARCH (45 GRAMS)
Chicken or ground chicken	Bread, dietary fiber 2 g or more
Lean beef	Half bagel
Lean pork	English muffin or bagel thin, dietary fiber 2 g or more
Turkey or ground turkey	Crackers or chips, dietary fiber 2 grams or more
Fish and seafood	Tortilla (corn or wheat)
Eggs	Pasta, macaroni, or noodles with dietary fiber 4 g or more
Cheese	Rice (smaller portion – more beans)
Nuts and seeds	Potato, sweet potato or yam
Peanut butter (no sugar in ingredients)	Peas or corn (one ear = ½ cup)
Avocado	Granola bar, dietary fiber 3 g or more and sugars 6 g or less
Greek yogurt (plain or Chobani for less sugar)	Plantain or fruit
	8 oz. milk

*Beans, hummus or lentils contain both protein and carbohydrates.*

### SNACK IDEAS (15-20 GRAMS CARBOHYDRATES)

Healthy snacks include: half sandwich, piece of fruit, chips and salsa, vegetables with or without dip, cheese with or without crackers, pickles, peanuts, nuts, granola bar (less than 30 g carbohydrates and at least 3 g fiber), apple sauce, peanut butter with celery or apple or crackers, roasted chickpeas, 15 grapes, and 3 cups of popcorn

### LOW CARB VEGETABLES (EAT PLENTY OF THESE)

Low starch vegetables include: cabbage, kale, green salad, spring mixes, spinach, broccoli, green beans, tomato, cucumbers, carrots, celery, zucchini, cauliflower, summer squash, spaghetti squash, onion, asparagus, mushrooms, Brussels sprouts, ginger, snap peas and garlic

### GOOD FATS

Good fats include: salmon, avocado or guacamole, nuts and seeds, peanut butter, almond butter, olive oil, and ground flaxseed meal (which can also help with constipation)

### CALCIUM

Calcium rich foods include: yogurt, cheeses, sour cream, milk, kale, dark greens, fortified milks (such as almond milk, hemp milk, oat milk and soy milk)

### IRON

Iron rich foods include: dark green vegetables, whole eggs, beans, lentils, hummus, iron fortified cereals, beef, dark meat poultry (thigh and leg), and cooking with a cast iron skillet

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