

# SAMPLE MEAL PLAN FOR GESTATIONAL DIABETICS

2000 – 2200 Calories

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## **BREAKFAST**

1 – 2 sl. whole wheat bread with margarine or peanut butter  
1 egg (3 – 4 per week)

## **LUNCH**

1 c. wheat noodles or macaroni  
3 oz. meat or chicken  
1 c. vegetables (broccoli)  
1 c. soup  
½ fresh fruit (orange)

## **DINNER**

1 c. brown rice  
3 oz. fish  
2 oz. tofu  
1 c. vegetables (bok choy)  
1 c. soup  
1 fresh fruit (apple)

## **MID- MORNING SNACK**

½ c. oatmeal  
4 oz. fat free or 1% lowfat milk

## **MID-AFTERNOON SNACK**

1 oz. nuts  
8 oz. fat free milk or 1 oz. cheese  
½ fresh fruit (peach)

## **EVENING SNACK**

4 – 5 whole wheat crackers  
8 oz. calcium fortified soymilk

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