

A sample meal plan for gestational diabetes

The meal plan below is a guide to the types of meals that are suitable for those with gestational diabetes, but all women with GD should seek professional, individualised guidance on their diet. The diet needs to be designed to help control blood glucose levels at the same time meeting the nutrient needs of pregnancy. It is often necessary to manipulate the timing and amount of carbohydrate in meals to achieve blood glucose control.



BREAKFAST

½ cup natural muesli
OR 1 cup oat porridge
OR 2 slices whole grain toast
OR ⅔ cup of steamed long grain rice

WITH ½ -1 cup trim milk, soy milk or low-fat yoghurt

PLUS ½ banana
OR 1 tablespoon sultanas
OR 150ml fruit juice
OR 1 orange

ADD egg, fish, reduced-fat cheese, lean meat and/or vegetables if desired

SNACK

A handful of combined mixed unsalted nuts and dried fruit
OR ½ cup low-fat yoghurt with diced fruit and a sprinkle of nuts, seeds or muesli
OR 1-2 slices of whole grain fruit and nut toast or bun
OR 1 piece fresh fruit

LUNCH

2 thick slices grainy bread
OR 1 cup steamed rice
OR 2 wholemeal roti
OR 1-2 cups noodles or pasta
OR 1 large round Lebanese bread

OR ½ cup rice with ½ cup of lentils

OR 1 slice bread and ½ cup baked beans

WITH at least 1 cup salad or cooked vegetables

PLUS 100g canned fish
OR 100g lean meat
OR 60g reduced-fat cheese
OR egg

SNACK

1 cup fresh fruit salad
OR 250ml fruit and vege juice
OR 1 piece fresh fruit
WITH 1 cup trim milk or yoghurt if desired

DINNER

½ cup of potato with ½ cob corn
OR 1 cup steamed rice
OR 1-2 cups noodles or pasta
OR 1 cup cooked chickpeas, kidney beans or similar with ½ cup potato or rice

WITH 2 cups or more salad or cooked vegetables

PLUS 100-200g lean meat
OR skinless chicken
OR fish
OR tofu

SNACK

1 cup trim milk or soy milk
OR 1 cup of low-fat yoghurt
OR ½ cup low-GI cereal with trim milk
OR 1 piece fresh fruit