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DIABETES IN PREGNANCY MEAL PLAN

Time	Meal	Food Groups	Food ideas	Carbohydrate Goal
	Breakfast	CARBS: 2 servings *No fruit* PROTEIN: At least 3 oz		30 grams
	Snack	CARBS: 1 serving PROTEIN: at least 1 oz		15 grams
	Lunch	CARBS: 3 servings PROTEIN: at least 3 oz Non-starchy vegetables		45 grams
	Snack	CARBS: 1 serving PROTEIN: at least 1 oz		15 grams
	Supper	CARBS: 3 servings PROTEIN: at least 3 oz Non-starchy vegetables		45 grams
	Bedtime Snack	CARBS: 1 serving PROTEIN: at least 1 oz		15 grams

Each carb serving is equal to 15g of carbohydrates.

**Carbohydrates include:**

- Starches (breads, pasta, rice, crackers, etc.)
- Starchy vegetables (potatoes, corn, peas, beans, etc.)
- Fruits (fresh, frozen or canned without sugar)
- Milk
- Yogurt

**Protein includes:**

- Meat, poultry, fish/seafood
- Eggs
- Cheese (including cottage cheese)
- Nuts and nut butters
- Tofu, tempeh, or other vegetarian protein sources

## The Meal Plan

Breakfast: (~8 am)

-30 g carbohydrate (CHO)

-7-14 g protein

-Choose high fiber foods

(No fruit, no juices, no cold cereals!)

Mid-morning snack: (~10 am)

-15 g CHO

-7-14 g protein

(No juice!)

Lunch: (~12-1 pm)

-45 g CHO

-14-21 g protein

-Include non-starchy vegetables, high fiber carbohydrate foods, and lean protein

(No juice!)

Mid-afternoon snack: (~3-4 pm)

-15 g CHO

-7-14 g protein

(No juice!)

Dinner/Supper: (~6-7 pm)

-45 g CHO

-14-21 g protein

-Include non-starchy vegetables, high fiber carbohydrate foods, and lean protein

-(No juice!)

Bedtime snack: (~9-10 pm)

-15 g CHO

-7-14 g protein

(No juice!)

## Sample Breakfast Meals

**Each Breakfast meal should include:  
2 carbohydrate servings (30 g of carbohydrate)  
1-2 protein servings (7-14 g protein)**

2 slices of whole grain toast (at least 2 – 3 grams of fiber per slice)  
2 slices of low fat cheese

2 slices of whole wheat bread or toast (at least 2 – 3 grams of fiber per slice)  
2 tablespoons of peanut butter

2-egg omelet with low fat cheese, mushrooms, onions, bell pepper, or other non-starchy vegetables  
1 slice of whole grain toast  
1 cup of low fat (1% or 2%) milk

1 mini whole grain bagel  
2 tablespoons of peanut butter, low fat cheese, or an egg  
1 cup of low fat (1% or 2%) milk

Scrambled egg wrap:  
1 – 2 eggs, scrambled  
Chopped vegetables (spinach, bell pepper, asparagus, onions, etc.)  
Low fat shredded cheese  
1 6-ounce whole wheat tortilla  
Wrap egg mixture, vegetables, & cheese in tortilla to make scrambled egg wrap.  
1 cup of low fat (1% or 2%) milk

½ cup oatmeal mixed with 2 tablespoons peanut butter & ½ teaspoon cinnamon  
1 cup of low fat (1% or 2%) milk

1 cup plain Greek yogurt  
1 packet Stevia or Splenda  
4 walnut or pecan halves

2 4-inch whole wheat pancakes  
2 tablespoons peanut butter

1-2 hard-boiled eggs  
½ cup grits with low-fat cheese  
1 cup of low fat (1% or 2%) milk

Egg sandwich:  
1 whole wheat English muffin  
1-2 scrambled eggs with low-fat cheese  
Place egg mixture on English muffin and top with sliced tomatoes.

## Snack Ideas

**All of these snacks have:  
15 grams of carbohydrate & 1-2 ounces of protein (7-14 g protein)**

1-2 ounces of low-fat cheese, 10 Wheat Thins

Nature Valley protein bar

6 Triscuits, 2 Tablespoons of peanut butter

½ turkey sandwich with mustard- 1 slice whole wheat bread, 1-2 ounces turkey, 1 teaspoon mustard

3 graham cracker squares, 2 Tablespoons of peanut butter

1-2 ounces of low-fat cheese, 1 small apple

½ Peanut Butter & Jelly Sandwich- 1 slice whole wheat bread, 2 tablespoons peanut butter, 1 teaspoon sugar-free jelly

English Muffin pizza- ½ whole wheat English Muffin, 2 Tablespoons marinara sauce, 1-2 ounces low-fat cheese; Top English muffin half with sauce & cheese, and toast until cheese is melted

½ cup low-fat cottage cheese, ½ cup unsweetened peaches

6 vanilla wafers, 2 Tablespoons of peanut butter

1 hard-boiled egg, 1 small nectarine

Small tossed salad with 1 ounce low-fat cheese, 2 Tablespoons dried cranberries, handful of walnuts

6 ounces plain Greek yogurt, handful of pecans

## Lunch and Dinner/Supper Sample Meals

**Each meal includes:  
45 grams of carbohydrate & 2 – 3 protein choices (14-21 g protein)**

2 slices whole grain bread (at least 2 – 3 grams of fiber per serving)  
2 – 3 ounces lean turkey (14 – 21 grams of protein)  
Lettuce and tomato  
1 small apple  
1 tablespoon mustard

Tuna salad or chicken salad (homemade):  
½ cup plain tuna packed in water (limit to 12 oz per week) or baked/grilled chicken  
Mix with low-fat mayonnaise and chopped celery, onions, carrots (add any vegetables desired)  
6 Triscuits  
½ cup fruit salad  
1 cup low fat (1% or 2%) milk

1 cup vegetable soup  
6 whole grain crackers (15 grams of carbohydrate)  
1 cup cantaloupe  
2 ounces low-fat cheese

Chicken soft taco:  
2 6-inch corn tortillas  
Top with: 3 ounces grilled chicken, 2 tablespoons salsa, 1 tablespoon low-fat plain Greek yogurt, shredded lettuce, and tomato  
1 small orange (size of tennis ball)

Homemade chicken Caesar salad:  
2 cups Romaine lettuce  
½ cup low-fat croutons  
2 – 3 ounces baked chicken  
2 Tablespoons Parmesan cheese  
1 tablespoon low-fat Caesar dressing  
½ cup of unsweetened applesauce or a small apple (size of tennis ball)  
1 cup low fat (1% or 2%) milk

1 regular small hamburger (fast food)  
1 garden salad with 1 small packet of vinaigrette dressing  
1 cup low fat (1% or 2%) milk

2 slices whole grain bread  
2 tablespoons peanut butter with 1 tablespoon sugar-free jelly  
(or 2-3 slices of low-fat cheese instead)  
1 cup low fat (1% or 2%) milk

2/3 cup whole wheat pasta with ½ cup spaghetti sauce  
2 – 3 ounces lean meat (ground round, ground turkey, etc.)  
2 tablespoons Parmesan cheese  
Tossed salad with 2 tablespoons of vinaigrette

1 cup brown rice or wild rice  
1 cup roasted broccoli  
2 – 3 ounces baked chicken breast  
1 snack pack of sugar-free Jello

2 – 3 ounces turkey breast with 1 tablespoon low-fat gravy  
½ cup roasted sweet potatoes  
½ cup corn  
½ - 1 cup steamed broccoli  
1 cup low fat (1% or 2%) milk

1 medium-sized baked potato (size of a computer mouse) topped with 2 Tablespoons low-fat cheese & 1  
Tablespoon plain nonfat Greek yogurt  
1 cup green beans  
2 – 3 ounces broiled fish  
½ cup of unsweetened applesauce  
1 cup low fat (1% or 2%) milk

1 whole wheat hamburger bun  
2 – 3 ounces lean ground beef or ground turkey topped with lettuce and tomato  
1 Tablespoon mustard  
Tossed salad with 2 tablespoons of vinaigrette  
¾ cup blueberries

3 ounces baked chicken  
1/3 cup brown rice  
½ cup black beans  
1 cup grilled zucchini brushed with olive oil  
1 ¼ cup watermelon cubes

1 cup all-bean chili topped with ¼ cup low-fat shredded cheese  
1 small piece cornbread  
1 cup salad with 2 tablespoons of vinaigrette

3 ounces grilled pork loin  
½ cup green peas  
1 cup sautéed green beans with olive oil  
1 small whole wheat roll  
½ banana (about 4 inches)

3 ounces grilled shrimp  
1 cup whole wheat pasta  
1 cup roasted broccoli and cauliflower with 1 teaspoon of olive oil

\* Standards of Medical Care in Diabetes 2015/American Diabetes Association