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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