

Diabetes and Pregnancy Meal Plan

During pregnancy, DO NOT drink juice or regular soda,
or eat foods high in refined sugars such as candy, pastries or other sweets

Time	Meal Pattern		Sample Menu
Breakfast	2 1 oz. 2	Bread/starch Meat Fat	2 slices whole grain toast 1 scrambled egg 2 tsp. butter or margarine
Snack	1 1	Fruit Milk	½ banana 1 cup milk
Lunch	2 2 oz. 1+ 2 1	Bread/starch Meat Vegetable Fat Milk	2 slices whole grain bread 2 oz. lean meat 1 cup sliced jicama 1 tsp. mayonnaise + 1/8 avocado 1 cup milk
Snack	1 1 oz. 1	Bread/starch Meat Fruit	6 multigrain crackers 1 oz. cheese 15 small grapes
Dinner	2 2 oz. 1+ 2 1	Bread/starch Meat Vegetable Fat Milk	2/3 cup brown rice 2 oz. grilled chicken or salmon ½ cup green beans 2 tsp. olive oil 1 cup milk
Snack	1 1 oz. 1	Bread/starch Meat Fruit	3 squares graham crackers 2 tbsp. peanut butter ½ cup applesauce