

Gestational Diabetes: 1,500-Calorie Meal Plan

Your dietitian has recommended that you be on a 1,500-calorie meal plan to cover your calorie needs during pregnancy. Your calorie needs will increase during your second trimester of pregnancy. If you are in the first trimester of pregnancy, you will be given a higher calorie meal plan for your second and third trimesters. While on this meal plan, you will:

- **Eat 131 to 150 grams of carbohydrates (carbs) per day.** Carbs are the starches, fibers, and sugars found in the foods you eat. 35% to 40% of the calories in your meal plan will come from carbs.
 - › **Limit carbs to 30 to 45 grams at meals and 15 grams for snacks.**
 - › **Spread your carbs out throughout the day rather than eating a large amount at one time.** Here's an example of how to spread out your carbs:

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack	Total Carbs in Grams
30	15	45	15	30	15	150

- **Eat a well-balanced diet.**

- › **Aim for the following servings per food group each day:**

Starch	Fruit	Milk	Vegetables, Non-Starchy	Meat/Meat Substitutes	Fat
4 to 5	2 to 3	2 to 3	4 to 5	7	5

- › **Choose meat/meat substitutes** that are lean or medium-fat **with 5 grams or less of fat per ounce.**
- › For details on what 1 serving is, ask for the handout “Healthy Diet During Pregnancy” or visit go.osu.edu/pted4126.

3 day sample menu

Day 1		Day 2		Day 3	
Breakfast		Breakfast		Breakfast	
Scrambled eggs	2	Oatmeal	½ cup	100% whole grain English muffin	½ whole
Olive oil	1 teaspoon	Walnuts	2 tablespoons	Natural peanut butter	1 tablespoon
100% whole grain toast	1 slice	2% milk	1 cup	2% milk	8 oz
Butter	1 teaspoon	Chicken sausage	1 oz		
2% milk	1 cup				
Carbs (grams)	30	Carbs (grams)	30	Carbs (grams)	30



Day 1		Day 2		Day 3	
Morning Snack		Morning Snack		Morning Snack	
Apple, small	1	Swiss cheese	1 oz	Banana	½ large
Almond butter	1 tablespoon	Whole grain crackers	¾ oz	Walnuts, pieces	1 tablespoon
Carbs (grams)	15	Carbs (grams)	15	Carbs (grams)	15
Lunch		Lunch		Lunch	
Sandwich made with: Roast beef	1 oz	Large salad made with: Mixed greens	2 to 3 cups	Burrito made with: 100% whole grain tortilla	1, 6-inch
Provolone cheese	1 oz	Carrots, tomatoes, zucchini	1 cup	Sirloin steak, leftover	2 oz
100% whole grain bread	2 slices	Green peas, garbanzo beans	½ cup	Black beans	½ cup
Mixed greens salad	2 to 3 cups	Chicken breast	2 oz	Spinach	½ cup
Salad dressing	2 tablespoons	Salad dressing	2 tablespoons	Mixed greens salad	2-3 cups
Kiwi	1	Whole grain roll	1 oz	Salad dressing	2 tablespoons
		Fresh pineapple	¾ cup	Plain or flavored Greek yogurt	6 to 8 oz
Carbs (grams)	45	Carbs (grams)	50	Carbs (grams)	45
Afternoon Snack		Afternoon Snack		Afternoon Snack	
Bell pepper strips	1 cup	Raw cauliflower	1 cup	Raw carrots, red peppers, cucumbers and cherry tomatoes	1 cup
		Plain Greek yogurt	½ cup		
		with ranch seasoning	1 teaspoon		
Carbs (grams)	5	Carbs (grams)	10	Carbs (grams)	5

Day 1		Day 2		Day 3	
Dinner		Dinner		Dinner	
Chicken Parmesan: Chicken breast, skinless	4 oz	Sirloin steak	3 oz	Baked salmon with lemon juice	3 oz
Bread crumbs	1 tablespoon	Baked red-skin potatoes	½ cup	And drizzled olive oil	1 teaspoon
Parmesan cheese	2 to 3 teaspoons	Roasted Brussels sprouts	1 cup	Basmati whole grain rice	⅓ cup
Whole wheat spaghetti noodles	⅔ cup	Olive oil	1 teaspoon	Broccoli, steamed	1 cup
Spaghetti sauce (low sugar)	less than ½ cup	Strawberries	1 cup	Pear	½ large
Green beans	1 cup				
Carbs (grams)	40	Carbs (grams)	40	Carbs (grams)	40
Evening Snack		Evening Snack		Evening Snack	
Plain or flavored Greek yogurt	1 cup	Milk or plain Greek yogurt	½ cup	Popcorn	3 cups
				Cheddar cheese	1 oz
				Plain or flavored seltzer water (no sugar, no sugar substitute)	12 oz
Carbs (grams)	15	Carbs (grams)	7	Carbs (grams)	15
Total Carbs (grams)	150	Total Carbs (grams)	152	Total Carbs (grams)	150

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.