

Gestational Diabetes: 2,700-Calorie Meal Plan

Your dietitian has recommended that you be on a 2,700 calorie meal plan to cover your calorie needs during pregnancy. While on this plan, you will:

- **Eat 230 to 270 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 60 grams at meals and 15 to 30 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
45	30	60	30	60	30	255

- **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
9 to 10	3 to 4	4 to 5	6	13	10

- › **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	Whole or rolled oats	1 cup	100% whole grain English muffin	1 whole
Olive oil	1 teaspoon	Walnuts	2 tablespoons	Natural peanut butter	2 tablespoons
100% whole grain toast	2 slices	2% milk	1 cup	2% milk	8 oz
Butter	2 teaspoons	Chicken sausage	2 oz		
2% milk	1 cup	Sprouted grain toast	1 slice		
		Butter	1 teaspoon		
Carbs (grams)	45	Carbs (grams)	60	Carbs (grams)	45



Day 1		Day 2		Day 3	
Morning Snack		Morning Snack		Morning Snack	
Apple, small	1	Grapes	½ cup	Cottage cheese	½ cup
Almond butter	1 tablespoon	Swiss cheese	2 oz	Banana	½ large
Whole grain crackers	¾ oz	Whole grain crackers	¾ oz	Walnuts, pieces	2 tablespoon
				Whole grain crackers	¾ oz
Carbs (grams)	30	Carbs (grams)	30	Carbs (grams)	30
Lunch		Lunch		Lunch	
Sandwich made with: Roast beef	3 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	3 oz
100% whole grain bread	2 slices	Green peas, garbanzo beans	½ cup	Black beans	½ cup
Avocado	2 tablespoons	Chicken breast	3 oz	Spinach	½ cup
Mixed greens salad	2 to 3 cups	Feta cheese	1 oz	Guacamole	2 tablespoons
Salad dressing	2 tablespoons	Salad dressing	2 tablespoons	Mixed greens salad	2 to 3 cups
Kiwi	1	Whole grain roll	1 oz	Salad dressing	2 tablespoons
		Pineapple, fresh	¾ cup	Plain or flavored Greek yogurt	6 to 8 oz
				Raspberries	1 cup
Carbs (grams)	45	Carbs (grams)	50	Carbs (grams)	60
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
Hummus	⅓ cup	Plain or flavored Greek yogurt	½ cup	Hummus	⅓ cup
Whole grain crackers	¾ oz	with ranch seasoning	1 teaspoon		
		Whole grain crackers	1.5 oz		
Carbs (grams)	35	Carbs (grams)	40	Carbs (grams)	20

Day 1		Day 2		Day 3	
Dinner		Dinner		Dinner	
Chicken Parmesan: Chicken breast, skinless	6 oz	Sirloin steak	5 oz	Baked salmon with lemon juice	4 oz
Bread crumbs	1 tablespoon	Olive oil	1 teaspoon	And drizzled olive oil	2 teaspoons
Parmesan cheese	2 to 3 teaspoons	Baked red-skin potatoes	1 cup	Basmati whole grain rice	1 cup
Spaghetti noodles	1 cup	Butter	1 teaspoon	Broccoli, steamed	1 cup
Spaghetti sauce (low sugar)	less than ½ cup	Roasted Brussels sprouts	1 cup	Butter	1 teaspoon
Green beans	1 cup	Olive oil	1 teaspoon	Pear	½ large
Olive oil	2 teaspoons	Strawberries	1 cup		
Orange	1 medium				
Carbs (grams)	70	Carbs (grams)	55	Carbs (grams)	70
Evening Snack		Evening Snack		Evening Snack	
Raspberries	1 cup	Plain or flavored Greek yogurt	1 cup	Popcorn	3 cups
Plain or flavored Greek yogurt	1 cup	Blueberries	¾ cup	Cheddar cheese	1 oz
Pecans	1 tablespoon	Almonds	2 tablespoons	Plain or flavored seltzer water (no sugar, no sugar substitute)	12 oz
Carbs (grams)	30	Carbs (grams)	30	Carbs (grams)	15
Total Carbs (grams)	255	Total Carbs (grams)	265	Total Carbs (grams)	240

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.