

Gestational Diabetes 3 Day Menu

| Day 1 | | | | | |
|-----------------------------------|---------------|---------------|---------------|---------------|---------------|
| Total Calories | 1,700 | 1,900 | 2,100 | 2,300 | 2,500 |
| Breakfast | | | | | |
| Scrambled eggs | 2 | 2 | 2 | 2 | 2 |
| Olive oil | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon |
| 100% whole grain toast | 1 slice | 1 slice | 1 slice | 2 slices | 2 slices |
| Butter | 1 teaspoon | 1 teaspoon | 1 teaspoon | 2 teaspoons | 2 teaspoons |
| 2% milk | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Carbs (grams) | 30 | 30 | 30 | 45 | 45 |
| Morning Snack | | | | | |
| Apple, small | 1 | 1 | 1 | 1 | 1 |
| Almond butter | 1 tablespoon | 1 tablespoon | 1 tablespoon | 1 tablespoon | 1 tablespoon |
| Whole grain crackers | 0 | 0 | 0 | 0 | 3/4 oz |
| Carbs (grams) | 15 | 15 | 15 | 15 | 30 |
| Lunch | | | | | |
| Sandwich made with: Roast beef | 1 oz | 1 oz | 2 oz | 2 oz | 3 oz |
| Provolone cheese | 1 oz | 1 oz | 1 oz | 1 oz | 1 oz |
| 100% whole grain bread | 2 slices | 2 slices | 2 slices | 2 slices | 2 slices |
| Avocado | 0 | 0 | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| Mixed greens salad | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups |
| Salad dressing | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| Kiwi | 1 | 1 | 1 | 1 | 1 |
| Carbs (grams) | 45 | 45 | 45 | 45 | 45 |

| Day 1 | | | | | |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|
| Total Calories | 1,700 | 1,900 | 2,100 | 2,300 | 2,500 |
| Afternoon Snack | | | | | |
| Bell pepper strips | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Hummus | 0 | 1/3 cup | 1/3 cup | 1/3 cup | 1/3 cup |
| Whole grain crackers | 0 | 0 | 0 | 0 | 0 |
| Carbs (grams) | 5 | 20 | 20 | 20 | 20 |
| Dinner | | | | | |
| Chicken parmesan: Chicken breast, skinless | 4 oz | 4 oz | 4 oz | 5 oz | 5 oz |
| Bread crumbs | 1 tablespoon | 1 tablespoon | 1 tablespoon | 1 tablespoon | 1 tablespoon |
| Parmesan cheese | 2 to 3 teaspoons | 2 to 3 teaspoons | 2 to 3 teaspoons | 2 to 3 teaspoons | 2 to 3 teaspoons |
| Whole wheat spaghetti noodles | 2/3 cup | 2/3 cup | 1 cup | 1 cup | 1 cup |
| Spaghetti sauce (low sugar) | less than 1/2 cup | less than 1/2 cup | less than 1/2 cup | less than 1/2 cup | less than 1/2 cup |
| Green beans | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Olive oil | 1 teaspoon | 2 teaspoons | 2 teaspoons | 2 teaspoons | 2 teaspoons |
| Orange | 0 | 0 | 0 | 0 | 1 medium |
| Carbs (grams) | 40 | 40 | 55 | 55 | 70 |
| Evening Snack | | | | | |
| Raspberries | 0 | 1 cup | 1 cup | 1 cup | 1 cup |
| Plain or flavored Greek yogurt | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Pecans | 0 | 0 | 0 | 0 | 0 |
| Carbs (grams) | 15 | 30 | 30 | 30 | 30 |
| Total Carbs (Grams) | 150 | 180 | 195 | 210 | 240 |
| Daily Carb Goal | 149 to 170 | 166 to 190 | 184 to 210 | 201 to 230 | 219 to 250 |

| Day 2 | | | | | |
|--|---------------|---------------|---------------|---------------|---------------|
| Total Calories | 1,700 | 1,900 | 2,100 | 2,300 | 2,500 |
| Breakfast | | | | | |
| Whole or rolled oats | ½ cup | ½ cup | 1 cup | 1 cup | 1 cup |
| Walnuts | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| 2% milk | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Chicken sausage | 1 oz | 1 oz | 2 oz | 2 oz | 2 oz |
| Carbs (grams) | 30 | 30 | 45 | 45 | 45 |
| Morning Snack | | | | | |
| Grapes | ½ cup | ½ cup | ½ cup | ½ cup | ½ cup |
| Swiss cheese | 1 oz | 1 oz | 1 oz | 1 oz | 1 oz |
| Whole grain crackers | 0 | ¾ oz | ¾ oz | ¾ oz | ¾ oz |
| Carbs (grams) | 15 | 30 | 30 | 30 | 30 |
| Lunch | | | | | |
| Large salad made with: Mixed greens | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups |
| Carrots, tomatoes, zucchini | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Green peas, garbanzo beans | ½ cup | ½ cup | ½ cup | ½ cup | ½ cup |
| Chicken breast | 2 oz | 2 oz | 2 oz | 3 oz | 3 oz |
| Feta cheese | 1 oz | 1 oz | 1 oz | 1 oz | 1 oz |
| Salad dressing | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| Whole grain roll | 1 oz | 1 oz | 1 oz | 1 oz | 1 oz |
| Pineapple, fresh | ¾ cup | ¾ cup | ¾ cup | ¾ cup | ¾ cup |
| Carbs (grams) | 50 | 50 | 50 | 50 | 50 |

| Day 2 | | | | | |
|----------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Total Calories | 1,700 | 1,900 | 2,100 | 2,300 | 2,500 |
| Afternoon Snack | | | | | |
| Raw cauliflower | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Plain or flavored Greek yogurt | ½ cup | ½ cup | ½ cup | ½ cup | ½ cup |
| with ranch seasoning | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon |
| Whole grain crackers | ¾ oz | ¾ oz | ¾ oz | ¾ oz | 1.5 oz |
| Carbs (grams) | 25 | 25 | 25 | 25 | 40 |
| Dinner | | | | | |
| Sirloin steak | 3 oz | 4 oz | 4 oz | 4 oz | 5 oz |
| Olive oil | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon |
| Baked red-skin potatoes | ½ cup | ½ cup | ½ cup | 1 cup | 1 cup |
| Butter | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon |
| Roasted Brussels sprouts | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Olive oil | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon |
| Strawberries | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Carbs (grams) | 40 | 40 | 40 | 55 | 55 |
| Evening Snack | | | | | |
| 2% milk or flavored Greek yogurt | ½ cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Blueberries | 0 | 0 | 0 | 0 | 0 |
| Almonds | 0 | 0 | 1 tablespoon | 2 tablespoons | 2 tablespoons |
| Carbs (grams) | 7 | 15 | 15 | 15 | 15 |
| Total Carbs (grams) | 167 | 190 | 205 | 220 | 235 |
| Daily Carb Goal | 149 to 170 | 166 to 190 | 184 to 210 | 201 to 230 | 219 to 250 |

| Day 3 | | | | | |
|---|---------------|---------------|---------------|---------------|---------------|
| Total Calories | 1,700 | 1,900 | 2,100 | 2,300 | 2,500 |
| Breakfast | | | | | |
| 100% whole grain English muffin | ½ whole | ½ whole | 1 whole | 1 whole | 1 whole |
| Natural peanut butter | 1 tablespoon | 1 tablespoon | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| 2% milk | 8 oz | 8 oz | 8 oz | 8 oz | 8 oz |
| Carbs (grams) | 30 | 30 | 45 | 45 | 45 |
| Morning Snack | | | | | |
| Cottage cheese | 0 | ¼ cup | ¼ cup | ½ cup | ½ cup |
| Banana | ½ large | ½ large | ½ large | ½ large | ½ large |
| Walnuts, pieces | 1 tablespoon | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| Carbs (grams) | 15 | 15 | 15 | 15 | 15 |
| Lunch | | | | | |
| Burrito made with: 100% whole grain tortilla | 1, 6-inch | 1, 6-inch | 1, 6-inch | 1, 6-inch | 1, 6-inch |
| Sirloin steak, leftover | 2 oz | 2 oz | 2 oz | 2 oz | 2 oz |
| Black beans | ½ cup | ½ cup | ½ cup | ½ cup | ½ cup |
| Spinach | ½ cup | ½ cup | ½ cup | ½ cup | ½ cup |
| Mixed greens salad | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups | 2 to 3 cups |
| Salad dressing | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| Plain or flavored Greek yogurt | 6 to 8 oz | 6 to 8 oz | 6 to 8 oz | 6 to 8 oz | 6 to 8 oz |
| Raspberries | 0 | 1 cup | 1 cup | 1 cup | 1 cup |
| Carbs (grams) | 45 | 60 | 60 | 60 | 60 |

| Day 3 | | | | | |
|---|-------------------|-------------------|-------------------|-------------------|-------------------|
| Total Calories | 1,700 | 1,900 | 2,100 | 2,300 | 2,500 |
| Afternoon Snack | | | | | |
| Raw carrots, red peppers, cucumbers and cherry tomatoes | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Hummus | 1/3 cup | 1/3 cup | 1/3 cup | 1/3 cup | 1/3 cup |
| Carbs (grams) | 20 | 20 | 20 | 20 | 20 |
| Dinner | | | | | |
| Baked salmon with lemon juice | 3 oz | 3 oz | 3 oz | 3 oz | 4 oz |
| And drizzled olive oil | 1 teaspoon | 1 teaspoon | 1 teaspoon | 2 teaspoons | 2 teaspoons |
| Basmati whole grain rice | 1/3 cup | 1/3 cup | 1/3 cup | 2/3 cup | 1 cup |
| Broccoli, steamed | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |
| Butter | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon | 1 teaspoon |
| Pear | 1/2 large | 1/2 large | 1/2 large | 1/2 large | 1/2 large |
| Carbs (grams) | 40 | 40 | 40 | 55 | 70 |
| Evening Snack | | | | | |
| Popcorn | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups |
| Cheddar cheese | 1 oz | 1 oz | 1 oz | 1 oz | 1 oz |
| Plain or flavored seltzer water (no sugar, no sugar substitute) | 12 oz | 12 oz | 12 oz | 12 oz | 12 oz |
| Carbs (grams) | 15 | 15 | 15 | 15 | 15 |
| Total Carbs (grams) | 165 | 180 | 195 | 210 | 225 |
| Daily Carb Goal | 149 to 170 | 166 to 190 | 184 to 210 | 201 to 230 | 219 to 250 |

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.