

Management of Gestational Diabetes

2000 CALORIE MEAL PLAN

	Breakfast	AM Snack	Lunch	PM Snack	Dinner	HS Snack
Starch (8)	1		3	1	2	1
Fruit (3)		1	1		1	
Milk (2)	1				1	
Vegetable			2+		2+	
Meat	1	1	3-4	1	4-5	1
Fat	2		2		2	



WOMEN'S MEDICAL CENTER, L.L.P.

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1 STARCHES AND BREADS

One portion of each food in this list contains about 15g carbohydrates, 3g protein, a trace of fat, and 80 calories. To choose a similar portion of a starch or bread not listed, follow these general rules:

BREADS

	Portion
Bagels	½ (1 oz.)
Bun (hamburger, hot dog)	½ (1 oz.)
English muffin	½
Pita (6" across)	½
Tortilla, flour or corn (6" across)	1
Whole wheat rye*, white, pumpernickel, raisin (no icing)	1 slice (1 oz.)

CEREALS/GRAINS/PASTA

Bran cereal*, concentrated such as Bran Buds®, All-Bran®	½ cup
Bran cereal*, flaked	½ cup
Cooked cereal, grits, bulgur	½ cup
Grapenuts®	3 tbsp
Macaroni, noodles, spaghetti cooked	½ cup
Puffed cereal	1½ cup
Ready-to-eat cereal, unsweetened	¾ cup
Rice, white or brown	½ cup
Shredded wheat	½ cup
Wheat germ*	3 tbsp

CRACKER/SNACKS

Graham cracker (2½" square)	3
Matzo	¾ oz.
Melba toast	5 slices
Oyster crackers	24
Popcorn, popped, no fat added	3 cups
Pretzels	¾ oz.
Rye crisps (2" x 3½")	4

STARCHY VEGETABLES

Beans* baked	¼ cup
Corn*	½ cup or 6" cob
Lentils*, beans, or peas (dried) such as kidney, white, split, black eyed	½ cup
Lima beans*	½ cup
Peas*, green (canned or frozen)	½ cup
Potato, baked	1 small (3 oz.)
Potato, mashed	½ cup
Winter squash (acorn, butternut)	¾ cup
Yam or sweet potato, plain	½ cup

STARCH FOODS PREPARED WITH FAT

Count as 1 starch/bread exchange and 1 fat exchange	
Biscuit (2½ across)	1
Chow mein noodles	½ cup
Corn bread (2" cube)	1 (2 oz.)
Cracker, round butter type	6
French fried potatoes (2"-3½ long)	10 (1½ oz.)
Muffin (small, plain)	1
Taco shell (6" across)	2

2 MEATS AND MEAT SUBSTITUTES

One portion of each food in this list contains about 55 calories per serving; other meat items have 78 to 100 calories per serving.

To follow a diet low in cholesterol and saturated fat, choose the lean meats, fish, and other items that appear in **bold type**. Portions are weighed after cooking and with skin, bones and fat removed.

BEEF

	Portion
Lean cuts , such as USDA Good/Choice round sirloin or flank steak, tenderloin, chipped beef**	1 oz.
All other cuts	1 oz.

CHEESE

Cottage or ricotta	¼ cup
Diet (less than 55 calories per oz)	1 oz.
Parmesan, grated	2 tbsp
Other cheese (except cream cheese)	1 oz.

EGGS

Egg substitute (less than 55 calories per ¼ cup)	¼ cup
Egg white	3
Egg, whole↑	1

FISH AND SEAFOOD

All fresh fish or frozen fish	1 oz.
Clams, crab, lobster, shrimp, scallops	2 oz.
Herring, smoked	1 oz.
Oysters	6 medium
Sardines (canned)	2 medium
Tuna (water-packed)**	¼ cup
Salmon (canned)**	¼ cup

MISCELLANEOUS

Hot dog†** (10 per lb)	1
Lamb (all cuts)	1 oz.
Liver↑, heart↑, kidney↑, sweetbreads↑	1 oz.
Luncheon meats - 95% fat free; all others	1 oz.
Peanut butter	1 tbsp
Sausages**, such as Polish, Italian, smoked	1 oz

PORK

Lean cuts , such as Canadian bacon** ; fresh ham ; canned, cured, boiled ham** , tenderloin	1 oz.
Other cuts	1 oz.

POULTRY

Chicken, turkey, Cornish hen (skin removed)	1 oz.
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VEAL

Lean chops and roasts	1 oz.
Cutlets	1 oz.

3 VEGETABLES

One portion of each vegetable in this list contains about 5g carbohydrates, 2g protein, and 25 calories. If no portion size is listed, the following measurements should be used:

Cooked vegetables or juice	½ cup
Raw vegetables	1 cup

Check Free Foods (list 7) and Starches/Breads (list 1) for vegetables not listed here.

Asparagus	Okra
Beans (green, wax, Italian)	Onion
Bean sprouts	Pea pods, snow peas
Beets	Peppers (green)
Broccoli	Sauerkraut**
Brussel sprouts	Spinach (cooked)
Cabbage (cooked)	Summer squash (crookneck)
Carrots	Tomato (1 large)
Cauliflower	Tomato or veg. juice**
Egg plant	Turnip
Greens (collard, mustard)	Water chestnuts
Mushrooms (cooked)	Zucchini (cooked)

4 FRUITS

The portion of each fruit here contains about 15g carbohydrates and 60 calories. To choose a similar portion of a fruit that is not listed, follow these general rules:

Fresh, canned or frozen fruit, no sugar added - ½ cup
Dried fruit - ¼ cup

	Portion
Apple, raw (2" across)	1
Applesauce, no sugar added	½ cup
Apricot, raw (medium)	4
Banana (9" long)	½
Black or blue berries* raw	¾ cup
Cantaloupe or honeydew	1 cup
Cherries, raw (large)	12
Fig, raw (2" across)	2
Fruit cocktail, canned	½ cup
Grapefruit (medium)	½
Grapefruit segments	¾ cup
Grapes (small)	15
Kiwi (large)	1
Madarin orange	¾ cup
Nectarine* (2½" across)	1
Orange (2½" across)	1
Papaya	1 cup
Peach (2¾" across)	1 whole or ¾ cup
Pear	½ large or 1 small
Persimmon (native, medium)	2
Pineapple, fresh	¾ cup
Pineapple, canned	⅓ cup
Plum, raw (2" across)	2
Raspberries*, raw	1 cup
Strawberries*, raw (whole)	1¼ cup
Tangerine (2½" across)	2
Watermelon	1¼ cup

Dried Fruits

Apple*	4 rings
Apricot*	7 halves
Date (medium)	2½
Fig*	1½
Prune* (medium)	3
Raisins	2 tbsp

Fruit Juices

Apple juice or cider	½ cup
Cranberry juice cocktail	⅓ cup
Grape juice	⅓ cup
Prune juice	⅓ cup
Other (orange, pineapple...)	½ cup

5 MILK AND MILK PRODUCTS

One portion of each milk or milk product on this list contains about 12g carbohydrates and 8g protein. These foods also contain 1 to 8g fat and 90 to 150 calories per serving, depending on their butterfat content.

Choose foods from the skim and low fat milk groups as often as possible, because they contain less butterfat than do whole milk products.

Skim and Very Low Fat Milk

Skim ½% or 1% milk	1 cup
Buttermilk, low fat	1 cup
Evaporated skim milk	½ cup
Nonfat dry milk	⅓ cup
Nonfat yogurt, plain	8 oz.

Low Fat Milk

(Counts as 1 milk exchange and 1 fat exchange)

2% milk	1 cup
Low fat yogurt, plain with added nonfat milk solids)	8 oz.

Whole Milk

(Counts as 1 milk exchange and 2 fat exchanges)

Whole milk	1 cup
Evaporated whole milk	½ cup
Whole yogurt, plain	8 oz.

6 FATS

One portion of each food on this list contains 5g fat and 45 calories. Choose unsaturated fats instead of saturated fats as often as possible.

Unsaturated Fats

	Portion
Almonds, dry roasted	6 whole
Avocado (medium)	⅛
Margarine	1 tsp
Margarine, diet	1 tbsp
Mayonnaise	1 tsp
Oil (corn, cottonseed, olive, peanut, safflower, soybean, sunflower)	1 tsp

Olives*	10 small or 5 large
Peanuts	20 small or 10 large
Pecans or walnuts	2 whole
Salad dressing, mayonnaise type	2 tsp
Salad dressing, other varieties	1 tbsp
Sunflower seeds	1 tbsp

Saturated Fats

Bacon*	1 slice
Butter	1 tsp
Coconut, shredded	2 tbsp
Coffee whitener, liquid	2 tbsp
Coffee whitener, powdered	4 tsp
Cream (light, coffee, table, sour)	2 tbsp
Cream (heavy, whipping)	1 tbsp
Cream cheese	1 tbsp

7 FREE FOODS

Each free food or drink contains fewer than 20 calories per serving. You may eat as much as you want of free foods that have no portion size given; you may eat two or three servings per day of free foods that have portions listed. Be sure to spread your servings throughout the day.

Drinks

Bouillion** or broth, no fat
Cocoa powder, unsweetened baking type (1 tbsp)
Coffee or tea
Soft drinks, calorie free, including carbonated drinks

Fruits

Cranberries or rhubarb, no sugar (½ cup)

Sweet Substitutes

Gelatin, sugar-free
Jam or jelly, sugar-free (2 tsp)
Whipped topping (2 tbsp)

Vegetables (raw 1 cup)

Cabbage
Celery
Cucumber
Green onion
Hot peppers
Mushrooms
Radishes
Salad Greens (as desired):
 Lettuce
 Romaine
 Spinach (raw)
Zucchini*

Condiments

Catsup (tbsp)
Dill pickles** unsweetened
Horseradish
Hot sauce

Mustard
Salad dressing,
low calorie, including mayonnaise-type (2 tbsp)
Taco sauce (1 tbsp)
Vinegar

Seasonings can be used as desired. If you are following a low sodium diet, be sure to read the labels and choose seasonings that do not contain sodium or salt.

Flavoring extracts, vanilla, almonds, butter, etc.
Garlic or garlic powder
Herbs, fresh or dried
Lemon or lemon juice
Lime or lime juice
Onion powder
Paprika
Pepper
Pimento
Spices
Soy sauce**
Worcestershire sauce

*High in fiber

**High in sodium

↑ High in cholesterol

‡ Counts as 1 meat exchange and 1 fat exchange