

**Sample Menu
Gestational Diabetes Program**

1. Eat three meals and three snacks a day.
2. Avoid sweets – cookies, candy, regular soda, jelly, honey, etc.
3. Avoid fruit juice.
4. Keep a record of foods eaten (time, serving size, etc).

Breakfast:	1 slice toast Peanut butter 8 ounce glass of milk Black coffee (if desired)	Breakfast:	2 slices of toast 1-2 eggs Black coffee
Snack:	6 saltine crackers Cottage cheese	Snack:	1 small tortilla Grated cheese
Lunch:	Turkey sandwich ½ apple Nuts	Lunch:	½ cup kidney beans in green salad with dressing ½ cup cottage cheese 1 small roll 8 ounce glass of milk
Snack:	Banana	Snack:	½ mango 1 cup plain yogurt
Dinner:	3-5 ounces of beef ½ baked potato ½ -1 cup green beans 1 slice of bread 8 ounce glass of milk	Dinner:	4 ounces chicken/tofu 2/3 cup of rice ½ -1 cup of broccoli Nuts 15 grapes
Snack:	3 graham cracker squares Peanut butter 8 ounce glass of milk	Snack:	½ cheese sandwich 8 ounce glass of milk