

# My Diabetic Meal Plan during Pregnancy

When you have diabetes and are pregnant, you need to eat small meals and snacks throughout the day to help control your blood glucose or blood sugar. This also helps you get in enough nutrients for a healthy pregnancy. By following a carbohydrate controlled diet, you can control your blood glucose better. **This is important for you and your baby.**

## The Plan

- Your meal plan will have 3 meals and 3 snacks a day. The goal is to keep your blood glucose at a healthy level all day long. Do not skip meals.
- Each meal and snack will have carbohydrates and protein. It is important to have both of these in your diet.
- You will want to eat at about the same time each day. This will help to keep your blood glucose levels controlled for your health and the growth of your baby.

## What to Avoid

- Avoid foods and drinks that contain a lot of table sugar. For example, cakes, cookies, candy, ice cream, pop, fruit punch and fruit drinks. These foods and drinks may cause your blood glucose to go too high.
- Do not add table sugar, honey or other sweeteners to your foods or beverages.

More on next page →

**Learn more about your health care.**



## **Foods that Contain Carbohydrates and Serving Sizes**

**Bread, cereal, rice, pasta, dried beans and starchy vegetables are foods that contain carbohydrates.**

One serving equals:

- 1 slice of bread
- $\frac{3}{4}$  cup of unsweetened cereal, like Cheerios
- $\frac{1}{3}$  cup of cooked, ready to eat rice, pasta or noodles
- $\frac{1}{2}$  cup beans like black beans, pinto beans or lima beans
- $\frac{1}{2}$  cup mashed potatoes, sweet potatoes or yams
- $\frac{1}{2}$  cup of peas or corn or other starchy vegetables
- $\frac{1}{2}$  cup of cooked oatmeal or other hot cereal
- 4 to 6 crackers

**You may have 2 to 3 servings of the foods listed above at each of your meals.** Remember, if you have 2 servings on your meal plan, then you would double the amount that is listed for one serving. For example, 2 slices of bread or  $\frac{2}{3}$  cup of pasta equals 2 servings. Or, you may want to have 1 slice of bread and  $\frac{1}{2}$  cup of pasta for your 2 servings.

**Fruit contains carbohydrates.**

One serving equals:

- 1 small to medium size piece of fruit, like a small banana, apple or orange
- 1 cup of berries or melon pieces
- $\frac{1}{2}$  grapefruit
- $\frac{1}{2}$  cup fruit juice
- $\frac{1}{2}$  cup canned fruit without sugar syrup
- 2 tablespoons of dried fruit

Pregnant women should eat fruit every day.

**Milk products contain carbohydrates and are a good source of protein.**

One serving of milk equals:

- 1 cup of skim or low-fat milk (2% milk or less)
- 1 cup artificially sweetened fruited yogurt
- $\frac{3}{4}$  cup plain low fat or nonfat yogurt

Pregnant women should drink or eat milk or yogurt every day.

**Starchy Vegetables contain carbohydrates and are also a good source of vitamins.**

Starchy vegetables include: peas, corn, potatoes, baked beans, soup beans.

One serving equals:

- 1 cup raw or  $\frac{1}{2}$  cup cooked

**Foods that Contain Little or No Carbohydrates**

**Non-starchy vegetables.**

Examples include: green beans, broccoli, carrots, tomatoes, celery, lettuce and cucumbers.

**Beef, pork, chicken, turkey, fish, eggs and cheese are high in protein.**

A one-ounce serving equals:

- 1 slice of cheese
- 1 egg
- 2 tablespoons of peanut butter
- 1 ounce of meat

At lunch and supper, you may be asked to have 3 ounces of beef, pork, chicken, turkey or fish (size of a deck of cards after it has been cooked).

The goal is to have enough protein when eating carbohydrates to keep your blood sugar level stable.

**Fats include oils, nuts, salad dressings, butter and mayonnaise.**

One serving equals:

- 1 teaspoon of margarine, oil or mayonnaise
- 1 tablespoon of salad dressing
- 1 tablespoon of cream cheese
- 2 tablespoons of sour cream
- 2 tablespoons of avocado
- 6 to 10 nuts
- 2 tablespoons of low calories or reduced calorie dressings

Limit the fried foods in your diet. Try to bake or broil your foods more often.

Moderate fat intake during pregnancy is ideal. Do not follow a very low fat diet. If you have questions about the fat in your diet, talk to your doctor or dietitian.

**Sample Meal Plan**

Here is a meal plan containing \_\_\_\_\_ calories. This is 3 meals and 3 snacks a day. It is not very important to count the calories you are eating. However, it is important to not eat too many carbohydrates.

<b>Breakfast at _____</b>	
_____ servings	Bread, cereal, rice, pasta, dried beans or starchy vegetables
__0__ servings	<b>Do not</b> eat fruit or drink fruit juice unless your doctor or dietitian tells you that it is okay to do so.
_____ servings	Milk
_____ ounces	Beef, pork, chicken, turkey, fish, eggs or cheese
_____ servings	Fat
<b>Mid-Morning Snack at _____</b>	
_____ servings	Bread, cereal, rice, pasta, dried beans or starchy vegetables
_____ servings	Fruit
_____ servings	Milk
_____ ounces	Beef, pork, chicken, turkey, fish, eggs or cheese

<b>Lunch at _____</b>	
_____ servings	Bread, cereal, rice, pasta, dried beans or starchy vegetables
_____ servings	Vegetables
_____ servings	Fruit
_____ servings	Milk
_____ servings	Beef, pork, chicken, turkey, fish, eggs or cheese
_____ servings	Fat
<b>Mid-Afternoon Snack at _____</b>	
_____ servings	Bread, cereal, rice, pasta, dried beans or starchy vegetables
_____ servings	Fruit
_____ servings	Milk
_____ ounces	Beef, pork, chicken, turkey, fish, eggs or cheese
<b>Supper at _____</b>	
_____ servings	Bread, cereal, rice, pasta, dried beans or starchy vegetables
_____ servings	Vegetables
_____ servings	Fruit
_____ servings	Milk
_____ ounces	Beef, pork, chicken, turkey, fish, eggs or cheese
_____ serving	Fat
<b>Bedtime Snack at _____</b>	
Eat one hour or less before going to bed.	
_____ servings	Bread, cereal, rice, pasta, dried beans or starchy vegetables
_____ servings	Fruit
_____ servings	Milk
_____ servings	Beef, pork, chicken, turkey, fish, eggs or cheese
_____ servings	Fat

- ❖ **Talk to your doctor or others on your health care team if you have any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**