













# Healthy Eating for Gestational Diabetes

## Sample Meal Plan








### Breakfast (select 1 option)

Option 1	 ½ - 1 cup wholegrain cereal	and	 ½ cup milk	and	 ½ cup tinned fruit in juice
Option 2	 2 wheat biscuits	and	 ½ cup milk	and	 A piece of fruit
Option 3	 1-2 slices grain toast	and	 Avocado OR eggs	and	 A piece of fruit





### Lunch

 1-2 slices grain bread OR  1 grain wrap OR  1 cup lentils/legumes	and	 Fish OR  Chicken OR  Eggs OR Cheese	and	 Plenty of vegetables OR salad	and	 A piece of fruit OR  A tub of yoghurt
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### Dinner

 ½ - 1 cup sweet potato OR  ½ - 1 cup corn OR  1 cup pasta OR 2/3 cup low GI rice	and	 Meat OR  Chicken OR  Fish	and	 Plenty of vegetables OR salad
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### Snacks

 1 piece of fruit	OR	 Handful nuts	OR	 1 tub yoghurt	OR	 ½ cup custard
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