

2000 Calorie Meal Plan with Milk

See the back page for food samples to help you plan your meals and snacks.

Meal Plan	Sample Menu	Carbohydrate grams	
Breakfast	1 starch	1 slice toast or bread	15
	1 meat/high protein food	1 egg, 1 oz. ham, or 1 Tbsp peanut butter	--
	1 milk 2%	8 ounces 2% milk	15
	1 fat	1 tsp. margarine	--
		Total 30 grams	
Mid-morning Snack	1 starch	1 slice toast	15
	1 fat/1 high protein food	1 tsp. margarine	--
		Total 15 grams	
Lunch	2 starch	2 slices bread	30
	2 meat/high protein food	2 ounces meat/meat substitute	--
	1 or 2 non-starchy vegetables	1-2 cups raw vegetables	--
	1 fruit	1 small apple	15
	1 milk 2%	8 ounces 2% milk	15
	2 fat	1 tsp. mayonnaise and 1 Tbsp. salad dressing	--
		Total 60 grams	
Mid-afternoon Snack	1 starch	1 slice bread	15
	1 meat/high protein food	1 ounces meat/meat substitute	--
	1 fat	1 tsp. mayonnaise	--
		Total 15 grams	
Dinner	2 starch	½ cup potatoes <i>plus</i> ½ cup green peas	30
	3 meat/high protein food	3 ounces meat, fish, or poultry	--
	2 non-starchy vegetables	2 cups salad	--
	1 fruit	1 cup strawberries	15
	1 milk 2%	8 ounces 2% milk	15
	2 fat	1 tsp. margarine and 1 Tbsp. salad dressing	--
		Total 60 grams	
Before-bed Snack	1 starch	1 slice bread	15
	1 meat/high protein food	1 ounce cheese or 1 ounce sandwich meat	--
	1 milk 2%	8 ounces 2% milk	15
	1 fat	1 tsp. mayonnaise	--
		Total 30 grams	

2000 Calorie Meal Plan without Milk*

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Meal Plan	Sample Menu	Carbohydrate grams	
Breakfast	2 starch	2 slices toast	30
	2 meat/high protein food	1 egg <i>and</i> 1 ounce ham	--
	1 fat	1 tsp. margarine	--
			Total 30 grams
Mid-morning Snack	1 starch	1 slice toast <i>or</i> 6 saltines	15
	1 meat/high protein food	1 Tbsp. peanut butter or 1 ounce meat, poultry, <u>or cheese (if able)</u>	--
		Total 15 grams	
Lunch	3 starch	2 slices bread and ¾ ounce pretzels	45
	2 meat/high protein food	2 oz. meat or poultry	--
	1 or 2 non-starchy vegetables	1-2 cups raw vegetables	--
	1 fruit	17 grapes	15
	2 fat	1 tsp. mayonnaise <i>and</i> 2 Tbsp. salad dressing	--
			Total 60 grams
Mid-afternoon Snack	1 starch <i>or</i> 1 fruit	1 slice bread <i>or</i> 6 saltines <i>or</i> 1 small orange	15
	1 meat/high protein food	1 ounce turkey <i>or</i> 1 Tbsp. peanut butter	--
	1 fat	1 tsp. mayonnaise <i>or</i> 6 cashews	--
			Total 15 grams
Dinner	3 starch	1 cup potatoes and ½ cup corn	45
	3 meat/high protein food	3 ounces meat, fish, or poultry	--
	1 or 2 non-starchy vegetables	2 cups salad	--
	1 fruit	1 small apple	15
	2 fat	1 tsp. margarine and 1 Tbsp. salad dressing	--
			Total 60 grams
Before-bed Snack	2 starch	2 slices toast <i>or</i> 12 saltines	30
	1 meat/high protein food	1 hard boiled egg <i>or</i> 1 Tbsp. peanut butter	--
	1 fat	1 tsp. margarine	--
			Total 30 grams

*Be sure to get enough calcium during pregnancy. Talk with your provider about ways to do this with the foods you eat and vitamin supplements.

Food samples

Each of the following is about 15 grams of carbohydrate:

Starch

- 1 slice bread or small dinner roll
- 6 saltine crackers
- ½ English muffin
- ½ cup corn, potato, green peas, yam, or sweet potato
- 1 cup winter squash (butternut or acorn)
- 1 cup vegetables mixed with corn, peas, and beans
- ½ cup cooked cereal
- ¾ cup unsweetened cereal flakes
- ⅓ cup pasta or rice
- ⅓ cup cooked polenta, couscous, or quinoa
- ½ cup cooked dried beans, peas, or lentils

Non-starchy vegetables — 3 cups raw or 1½ cups cooked vegetables, or ½ cups vegetable juice - examples include:

- Asparagus
- Green beans
- Broccoli
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumber
- Mushrooms
- Eggplant
- Greens (such as collard, kale, mustard, and turnip)
- Jicama
- Peppers
- Snap peas
- Mushrooms
- Tomatoes
- Zucchini

Fruit

- Small apple, pear, or orange
- ½ banana
- ½ cup canned fruit (no sugar added)
- 1 cup berries or melon
- ½ cup fruit juice

Milk and yogurt

- 1 cup nonfat, low-fat, or 2% milk
- 6 ounces sugar-free nonfat or low-fat yogurt

Protein and fats — Lean proteins and healthy fats are not carbohydrates.

Lean protein — 1 serving is 1 oz.

- Chicken, other poultry without skin
- Beef, pork, lamb, or veal trimmed of fat
- Fish and shellfish
- Cheese and cottage cheese
- Tofu and tempeh
- Cooked soy beans (edamame)
- 2 egg whites or ¼ cup egg substitute
- 1 whole egg
- 1 Tbsp peanut butter

Heart healthy fats

- 2 Tbsp low-fat salad dressing
- 1 Tbsp low-fat mayo
- 1 tsp olive or canola oil
- 1 tsp soft tub margarine or 2 tsp of reduced fat margarine
- 6 nuts (almonds or cashews)

For more food examples for meal planning, contact the Kaiser Permanente Resource Line for a free food exchange booklet. Call toll-free at 1-800-992-2279.

Gestational diabetes: 2000 calorie meal plan

Guidelines to help control gestational diabetes

1. Don't skip meals. Eat 3 meals plus 3 snacks every day. Eat meals at consistent times each day.
Always eat a before-bed snack.
2. It is especially important to eat the grams of carbohydrate that are planned per meal and snack. Please call your provider if you have problems following your meal plan.
3. Avoid sugar and concentrated sweet foods and beverages. It is especially difficult to control blood glucose levels in gestational diabetes when any sweets are eaten.
4. Choose higher fiber foods. Eating fiber as part of your meal can slow the rise in your blood glucose level.
5. Talk to your provider about seeing a dietician for one-on-one counseling to develop a meal plan that's right for you. This is especially important if you have a multiple pregnancy (like twins or triplets), special nutritional needs, or have had gastric bypass surgery.

Protein and fats – you need these during pregnancy

Protein and fats provide essential nutrients for your baby's development, so eating these in moderation is good during pregnancy. Choose unsaturated fats including omega-3 and mono- or polyunsaturated fat. Limit foods with saturated and trans fats, which can raise your cholesterol levels.