

The Diabetes Management Center

Beginning Guidelines for Gestational Meal Planning

1. Avoid “concentrated” carbohydrates, such as: regular soda, sugar-sweetened drinks, fruit juices, cookies, cakes, candy, and ice cream.
2. Do not eat fruit at breakfast or as a snack, but do have 1 piece or serving with lunch and dinner.
3. Eat three meals at consistent times, daily. Meals should be approximately 4 to 5 hours apart and nearly the same time from one day to the next.
4. Eat a small snack mid-afternoon and bedtime, consisting of a carbohydrate and a protein (for example, cheese and crackers or peanut butter and crackers).
5. Please keep a written record of your food intake and bring it to your appointment. This will help the registered dietician create your individualized meal plan.

**** Please note, these are only basic guidelines for you to follow until your appointment with the Diabetes Management Center team. These are not to take the place of medical nutrition therapy and education from a registered dietitian/diabetes educator.***