GESTATIONAL DIABETES MEAL PLAN- 3000 CALORIES

320 gms carbohydrates (43%), 133 gms protein (18%)

<table>
<thead>
<tr>
<th>Meal</th>
<th>Number of Servings/Choices</th>
<th>Menu Ideas</th>
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</tr>
</thead>
</table>
| Breakfast       | 2 Carbohydrates (starch/fruit/milk/other)  
3 Lean meat (ounces)  
2 Fats             | **No fruit juice at breakfast.**                                                          |            |            |            |
| Morning Snack   | 2 Carbohydrates (starch/fruit/milk/other)  
2 Lean Meat (ounces) |            |            |            |
| Lunch           | 5 Carbohydrates (starch/fruit/milk/other)  
2 Vegetables (non starchy)  
5 Lean meat/meat substitute (ounces)  
3 Fats               |            |            |            |
| Afternoon Snack | 3 Carbohydrates (starch/fruit/milk/other)  
2 Lean Meat (ounces)  
1 Fat                 |            |            |            |
| Dinner          | 5 Carbohydrates (starch/fruit/milk/other)  
2 Vegetables (non starchy)  
6 Lean meat (ounces)  
3 Fats               |            |            |            |
| Evening Snack   | 3 Carbohydrates (starch/fruit/milk/other)  
2 Lean Meat (ounces)  
1 Fat                 |            |            |            |