

7-Day Gestational Diabetes Healthy Meal Plan

Gestational diabetes is a type of diabetes that occurs during pregnancy. Your body cannot produce enough insulin to handle the effects of a growing baby and changing hormone levels. Insulin helps your body to control the level of glucose (sugar) in your blood. If your body cannot produce enough insulin, the amount of glucose in your blood will rise. Higher blood glucose levels during pregnancy may result in health problems for you and your baby.

This 1,800 to 2,000-calorie 7-day gestational diabetes healthy meal plan is nutritionally balanced and delicious. Carbohydrates are balanced throughout each day. Each meal contains 45-60 grams of net carbohydrates, and snacks contain around 15 grams of carbohydrate each. Net carbohydrates are the carbohydrates found in food that you can digest and use for energy. Net carbohydrates are calculated by taking the total carbohydrates and subtracting the fibre. Depending on your goals and lifestyle, your calories and carbohydrates may be different; adjust the serving sizes or number of snacks accordingly.



Recipes available on the Diabetes Canada website are hyperlinked throughout the meal plan and listed at the end.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 serving (1 cup/250 mL) butternut squash probiotic yogurt bowl 1 medium-sized apple	2 slices whole-grain or rye bread 2 tbsp (30 mL) peanut or almond butter 1 cup (250 mL) berries	1 serving (1 cup/250 mL) butternut squash probiotic yogurt bowl 1 medium-sized apple	1 large egg, scrambled with ½ cup (125 mL) vegetables (spinach, tomatoes, or other vegetable of your choice) 2 slices whole-grain or rye bread	½ cup (125 mL) steel-cut oats, uncooked ½ medium-sized banana 2 tbsp (30 mL) peanut or almond butter 1 cup (250 mL) low-fat milk	BELT (bacon, egg, lettuce and tomato) sandwich 1 whole-wheat English muffin with 1 large fried egg, 4 slices of turkey bacon, and ½ cup (125 mL) vegetables	½ cup (125 mL) steel-cut oats, uncooked ½ medium-sized banana 2 tbsp (30 mL) peanut or almond butter 1 cup (250 mL) low-fat milk

				2 tsp (10 mL) soft margarine 1 cup (250 mL) low-fat milk ½ cup (125 mL) melon		(lettuce and tomatoes, or other vegetable of your choice) ½ cup (125 mL) melon	
Calories	362	443	362	480	461	510	461
Carbs (g)	60	60	60	54	53	57	53
Fibre (g)	7	11	7	5	6	6	6
Net carb (g)	53	49	53	49	47	51	47
Lunch	3 oz. (90 g) grilled chicken breast Mixed green-leaf salad (lettuce, cucumber, and tomato)* with 1 tbsp (15 mL) light salad dressing, and ¼ cup (60 mL) croutons 1 cup (250 mL) plain, low-fat probiotic yogurt, with 1 medium-sized fruit (such as apple or pear)	2 servings (1 cup/250 mL) quinoa, black bean & mango salad ½ whole-wheat pita (8 inch/16 cm), 2 tbsp (30 mL) hummus	1½ servings (¾ squash) wild rice & apple stuffed acorn squash 3 oz. (90 g) grilled or baked pork loin chop Carrots, steamed*	1 serving Mediterranean roasted vegetables and chickpeas ½ cup (125 mL) whole-grain pasta, cooked al dente (measured after cooking)	1 serving lentil burritos Mixed green-leaf salad (lettuce, cucumber, and tomato)* with 1 tbsp (15 mL) light salad dressing	Avocado-chicken sandwich 2 slices whole-grain or rye bread, with ¼ medium-sized avocado (mashed), 2 tbsp (30 mL) hummus, and 3 oz. (90 g) roast chicken breast, topped with lettuce, cucumber and red pepper slices 1 serving vegetable soup	1 serving lentil burritos Mixed raw vegetables (carrots, cucumber and celery)* 3 tbsp (45 mL) green goddess dip

	and dash of cinnamon					1 small fruit (such as apple or pear)	
Calories	574	457	480	452	412	584	451
Carbs (g)	56	68	60	64	59	60	62
Fibre (g)	9	12	12	10	13	14	13
Net carb (g)	47	56	48	54	46	46	49
Dinner	3 oz. (90 g) baked salmon with drizzle of lemon juice and herbs	1½ servings (¾ squash) wild rice & apple stuffed acorn squash (save other half for tomorrow's lunch)	Grilled chicken wrap 1 whole-grain tortilla (8 inch/16 cm), with 3 oz. (90 g) grilled chicken breast, 2 tbsp (30 mL) salsa, ½ cup (125 mL) vegetables (onion, pepper, or other vegetable of your choice), and 1 oz. (30 g) cheddar cheese, shredded	3 oz. (90 g) grilled chicken breast ¾ cup (175 mL) roasted sweet potatoes Steamed broccoli with 1 tsp (5 mL) lemon juice	2 servings (2 cups/500 mL) soba noodles with mushroom, spinach & tofu Mixed green-leaf salad (lettuce, cucumber, and tomato*) 1 tbsp (15 mL) light salad dressing	3 oz. (90 g) baked salmon with drizzle of lemon juice and herbs 1 cup (250 mL) brown rice, cooked (measured after cooking) Steamed green beans* 1 tsp (5 mL) soft margarine	2½ servings (1¼ cups/310 mL) spinach and mushroom barley pilaf Add 4 oz. (125 g) firm tofu, fried in 2 tsp (10 mL) canola oil to recipe
	1 cup (250 mL) brown rice, cooked (measured after cooking)	6 oz. (180 g) grilled or baked pork loin chop (save 3 oz./90 g for tomorrow's lunch) Steamed carrots*	1 medium-sized fruit (such as peach or plum)	1 whole-grain (3½ inch/9 cm) dinner roll ¼ cup (60 mL) plain 0% probiotic yogurt			

			1 cup (250 mL) low-fat milk				
Calories	465	480	641	431	455	465	552
Carbs (g)	54	60	54	61	56	54	62
Fibre (g)	6	12	8	10	9	6	10
Net carb (g)	48	48	46	51	47	48	52

***Aim to fill half of your plate with non-starchy (or free) vegetables like these ones, which have very little carbohydrate and are high in fibre.**

Snack options: Each of the following options provides approximately 15 g carbohydrate and 100-150 calories. **Include 2-3 of these snacks per day (1 of which should be at bedtime).**

- 1-2 containers (100 g) probiotic yogurt
- 3 cups (750 mL) air-popped popcorn with dash of salt and pepper or spice/herb of your choice
- 1 medium-sized apple with 1 tbsp (15 mL) peanut or almond butter
- 5-6 crackers (30 g) with 1 oz. (30 g) cheddar cheese
- ½ cup (125 mL) probiotic yogurt with a dash of cinnamon and 1 cup (250 mL) melon or berries
- 1 slice whole-grain or rye bread with 1 tbsp (15 mL) almond butter
- ½ whole-wheat pita (8 inch/16 cm), with 1 tbsp (15 mL) hummus and cucumber slices*
- ½ cup (125 mL) edamame (green, soybeans, shelled) with 1 medium-sized fruit
- 1 serving [crispy chickpeas & pumpkin seeds with lime](#)

Recipes for this week:

- [Butternut squash probiotic yogurt bowl](#)
- [Quinoa, black bean & mango salad](#)
- [Wild rice & apple stuffed acorn squash](#)
- [Mediterranean roasted vegetables and chickpeas](#)
- [Lentil burritos](#)
- [Vegetable soup](#)
- [Green goddess dip](#)
- [Soba noodles with mushroom, spinach & tofu](#)
- [Spinach & mushroom barley pilaf](#)
- [Crispy chickpeas & pumpkin seeds with lime](#)

What about sugar substitutes? Sugar substitutes do not raise your blood sugar. You can **use sugar substitutes and foods with sugar substitutes in small amounts**. These sweeteners may also be used in medications. Read labels to find out what kind of sugar substitutes are in the foods or medications you buy.

These sugar substitutes **are safe** when you're pregnant:

- Acesulfame potassium (Ace-K)—added to packaged foods
- Aspartame—Nutrasweet®, Equal®, store brands
- Cyclamate—Sucaryl®, Sugar Twin®, Sweet N' Low®, Weight Watchers®, store brands
- Saccharin—Hermesetas®
- Stevia—Sugar Twin®, Truvia®, Pure Via®, store brands
- Sucralose—Splenda®, Sugar Twin®, store brands

For nutritional reasons, pregnant women should not consume excessive products containing artificial sweeteners, since such foods could replace more nutritious foods. Visit [Sugars and Sweeteners](#) for more information.