



Diabetes (Gestational) – Indian Suggested Meal Plan

CARBOHYDRATE (1 serve = 15g carbohydrates)		PROTEIN (≥ 2 serves/day)	VEGETABLES (as much as you like)	FATS	
Breakfast cereals ¼ cup untoasted muesli ½ cup raw rolled oats 1 ½ wheat biscuits ¾ cup oat porridge (cooked with water)	Rice / Pasta / Grains ½ cup cooked white rice ½ cup cooked quinoa, dahlia, sooji ½ cup cooked couscous ½ cup cooked upma ½ cup gajrela (carrot halwa)	Meat (1 serve = 1 palm size) lamb goat chicken fish or seafood venison 2 eggs	asparagus broccoli beetroot* butter beans cabbage carrot* cauliflower celery chili choko coriander cucumber eggplant garlic gourd green beans leeks lettuce mushroom	okra onion parsley peas* peppers puha pumpkin* radish silverbeet snowpeas spinach spring onion swede sweetcorn* taro leaves tomato watercress zucchini	avocado nuts (no salt) margarine oils peanut butter
Bread / Baked products 1 slice wholegrain bread 1 wholemeal or cornmeal roti or chapatti (15cm) ½ small wholemeal pita bread ¾ plain or ½ potato paratha (15cm) 1 small dosa (25cm) 2 small puris (12cm each) 1 pappadum ¼ naan 1 small samosa or 2 small pakoras 4 wholegrain crackers	Fruit 1 handful raw fruit 1 cup unsweetened stewed fruit 2 tablespoon dried fruit ½ cup tinned fruit in natural juice	Dairy products 2 slices low fat cheese ¼ cup cottage cheese, paneer Plant ½ cup thick dahl* ½ cup cooked legumes* ½ cup cooked lentils* ½ cup baked beans* ¾ cup tofu			
Vegetables 1 egg size potato or sweet potato 1 thin slice taro	Dairy products 125g fruit or plain sweetened yoghurt 1 cup lite fruit or plain unsweetened yoghurt 1 cup milk or buttermilk				

*These may affect your blood glucose levels. Please discuss with your dietitian

See below for the number of **Carbohydrate** serves to have at each meal or snack:

Breakfast serves:	Morning snack serves:	Lunch serves:	Afternoon snack serves:	Dinner serves:	Evening snack serves:

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