



Diabetes (Gestational) – Chinese Suggested Meal Plan

CARBOHYDRATE (1 serve = 15g carbohydrates)		PROTEIN (≥ 2 serves/day)	VEGETABLES (as much as you like)	FATS
Breakfast cereals ¼ cup unsweetened 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 ¼ cup cooked brown rice ¾ cup cooked egg noodles ¼ cup cooked rice noodles or vermicelli ½ cup cooked instant wheat noodles 1 cup thin congee 1 cup thin yellow millet congee ½ glutinous rice dumpling (zongzi) ½ cup cooked pasta 2 ½ cup cooked plain popcorn	Meat (1 serve = 1 palm size) beef lamb chicken pork fish or seafood venison 2 eggs	asparagus bamboo shoots beetroot* bok choy broccoli butter beans cabbage (all types) carrot* cauliflower celery chili choko cucumber eggplant garlic green beans leeks lettuce mushroom	avocado nuts (no salt) margarine oils peanut butter
Baked products 1 slice wholegrain bread 1 small steamed bun (4.5cm diameter) ½ medium mantou 2-3 small dumplings (35-50g) 3 wontons ½ medium savoury pancake 4 wholegrain crackers 4 corn thins (thin) or 2 corn thins (thick) 3 rice cakes (thin) or 1 ½ rice cakes (thick) 10 wholegrain rice crackers 2 plain sweet biscuits	Vegetables 1 egg size potato or sweet potato 1 cup Chinese yam 1 cup lotus root 1 thin slice taro ¼ cup or 4 roasted chestnut kernels	Dairy products 2 slices low fat cheese ¼ cup cottage cheese	onion pak choy peas* peppers puha pumpkin* radish silverbeet snowpeas spinach spring onion swede sweetcorn* taro leaves tomato watercress zucchini	
Fruits 1 cupped handful raw fruit 1 cup unsweetened stewed fruit ½ cup tinned fruit in natural juice (NOT syrup) 2 tablespoons dried fruit	Dairy products 125g fruit or plain sweetened yoghurt 1 cup lite fruit or plain unsweetened yoghurt 1 cup milk (cow or soy)	Plant ½ cup cooked legumes* ½ cup cooked lentils* ½ cup baked beans* 1 ½ cup edamame beans* ¾ cup tofu	*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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