

Sample Menu Plan for Gestational Diabetes (North Indian Vegetarian)

Calories – 1800

No of carb choices - 13

Meal Pattern	No of carb choices	No of carb choices	Menu
BREAKFAST	2	2	1 Paneer Paratha
Morning Snack	2	1	1 Cup Chai(2% milk)
		1	¾ oz Veggie sticks
NOON MEAL	3	1	½ cup toor dal cooked
		1	1.5 cup Vegetable Tofu Stir Fry
		1	1/3 cup Brown rice cooked
			½ cup Pea soup
Afternoon Snack	1	1	1 cup Sprouted moong salad
			10 Almonds
EVENING MEAL	3	1	½ cup Khichadi
		1	1 Roti
		1	½ C Kadhi
			½ Cup okra (Bhindi)masala
Evening Snack	2	1	1cup 2% milk
		1	6 saltine-type crackers
			1 tbsp Almond butter

196.3g Carb (43.3% of total calories), 80.6g Protein (17.8% of total calories), 80g Fat = 1813.4 Calories

Sample Menu Plan for Gestational Diabetes (South Indian Vegetarian)

Calories – 1800

No of carb choices – 14

Meal Pattern	No of carb choices	No of carb choices	Menu
BREAKFAST	2	1	2 Small Idli
			1 tbsp tomato Chutney
Morning Snack	2	1	1 Cup Chai(2% milk)
		1	½ Cup Banana Chips
NOON MEAL	3	1	½ cup Sambar
			½ C Cabbage Poriyal
		1	1/3 cup White Rice cooked
		1	1 Roti
Afternoon Snack	1		1 Cup rasam
		1	½ Cup Yogurt
EVENING MEAL	4	1	1/3 Cup Bisi Bhela Bath
		1	1 Cup Cucumber Raita
		1	1 Roti
		1	150 gm vegetable Korma
Evening Snack	2	1	1cup 2% Milk
		1	1 Small 4" Veggie Uttapam
			1Tbsp tomato Chutney

210g Carb (47.4% of total calories), 63.6g Protein (14.3% of total calories), 75g Fat = 1773 Calories