

Sample Menu Plan for Gestational Diabetes (North Indian Vegetarian)

Calories – 2000

No of carb choices - 15

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	4	1	½ cup toor dal cooked
		1	1.5 cup Vegetable Tofu Stir Fry
		1	1/3 cup Brown rice cooked
		1	½ cup Lentil soup
Afternoon Snack	1	1	1 cup Sprouted moong salad
			10 Almonds
EVENING MEAL	4	1	½ cup vegetable Pulao
		1	1 Roti
		2	1 C Kadhi
			1 C Okra (Bhindi)masala
Evening Snack	2	1	1cup skim milk
		1	6 saltine-type crackers
			1 tbsp Almond butter

217.9g Carb (43.2% of total calories), 91.6g Protein (18.2% of total calories) and 88.85g Fat = 2016.8 kcals

Sample Menu Plan for Gestational Diabetes (South Indian Vegetarian)

Calories – 2000

No of carb choices – 15

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	4	1	½ cup Sambar
		1	½ C Aviyal
		1	1/3 cup White Rice cooked
		1	1 Roti
Afternoon Snack	1		1 Oz Dry Roasted peanuts
		1	½ Cup Yogurt
EVENING MEAL	4	2	2/3 Cup Bisi Bhela Bath
		1	1 Roti
		1	150 gm vegetable Korma
Evening Snack	2	1	1cup 2% Milk
		1	1 Small 4" Veggie Uttapam

219g Carb (43.7% of total calories), 67.4g Protein (13.4% of total calories) and 98.2g Fat = 2005 kcals