

Sample Menu Plan for Gestational Diabetes (North Indian Vegetarian)

Calories – 2100

No of carb choices - 16

Meal Pattern	No of carb choices	No of carb choices	Menu
BREAKFAST	2	2	1 Paneer Paratha
			½ cup Cucumber Raita
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 Tomato Herb Soup
Afternoon Snack	2	1	1 cup Sprouted moong salad
			10 Almonds
		1	3 cup plain popcorn popped
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 2% Milk
		1	6 saltine-type crackers
			1 tbsp Almond butter

236.6g Carb (45.2% of total calories), 93.3g Protein (17.8% of total calories), and 88.4g Fat = 2091.8 Calories

Sample Menu Plan for Gestational Diabetes (South Indian Vegetarian)

Calories – 2100

No of carb choices - 16

Meal Pattern	No of carb choices	No of carb choices	Menu
BREAKFAST	2	2	¾ Cup Rava Upma
			½ cup Cucumber Raita
Morning Snack	2	1	1 Cup Chai(2% milk)
		1	¾ oz Veggie sticks
NOON MEAL	4	1	½ cup Sambar
		1	1cup cabbage Poriyal
		1	1/3 cup white rice cooked
		1	1 Roti
Afternoon Snack	2		10 Almonds
		1	½ cup yogurt
		1	½ Cup Banana Chips
EVENING MEAL	4	2	2/3 cup Tamarind rice
			½ cup cucumber Raita
		1	150gm Vegetable Korma
		1	1 Roti
Evening Snack	2	1	1cup 2% Milk
		1	1 Small 4" veggie Uttapam

239.2g Carb (45.7), 73.7g Protein (14.1%), 95.3g Fat (41%) = 2092 Calories