

Asian Indian

Sample Menu for Gestational Diabetes

| Meal/Time | Meal Plan | | Menu Ideas | |
|----------------------|---|--|---|--|
| | Number of Choices | Food Group | For the Vegetarian Indian | For the Non-Vegetarian Indian |
| Breakfast 8am | 1-2 as desired 1 as desired | Protein Vegetables Starch Fat | 1 cup paneer jalfrezi with 1 cup bell peppers, onions, 1 roti or chapati | 1 egg omelet 1 cup non starchy vegetables 1 roti or chapati |
| Snack 11am | 1 1 as desired as desired | Protein Starch Vegetables Fat | 1oz soy nuts ½ cup moong beans sprout | 1 oz string cheese ¾ oz whole wheat crackers |
| Lunch 1 pm | 3-4 as desired 2 1 as desired | Protein Vegetables Starch Milk Fat | 1 cup of tofu curry 1 cup spinach sabji 2 rotis or chapati ¾ cup non fat yogurt/curd | 1 cup chicken curry 1 cup okra sabji 2 rotis or chapati 1 cup non fat milk |
| Snack 4 pm | 1 1 1 As desired | Protein Starch Fruit Fat | 1oz mixed nuts 1 ½ cup puffed rice 1 small mango | 20 small peanuts 1 cup poha (rice flakes) 1 small pear |
| Dinner 7 pm | 3-4 as desired 3 as desired | Protein Vegetables Starch Fat | 1 cup ground soy curry 1 cup cabbage sabji 2 rotis or chapati + ½ cup dhal | 1 cup mutton curry 1 cup cauliflower sabji 3 rotis or chapati |
| Snack 10 pm | 1 1 1 | Milk Fruit or Starch Protein | 1 cup non fat milk 1 small apple or 6 saltine crackers 1Tbsp peanut/almond butter | 1 cup plain lassi (no sugar added) 1 ¼ cup strawberries or ¾ oz pretzels ¼ cup cottage cheese |

Remember to include 8-10 glasses of water throughout each day

Please consider potato, peas, and corn as starch but not sabji (dry prepared vegetables without gravy/curry)