

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	
TIME							
<u># OF CARBOHYDRATE CHOICES PER MEAL</u>	1	2	3	1	3	2	
GRAINS & STARCHES							
FRUITS	NO FRUITS					NO FRUITS	
MILK & ALTERNATIVES							
OTHER CHOICES							
VEGETABLES	FREE ALL DAY						
MEAT & ALTERNATIVES (PROTEIN)	INCLUDE SERVING OF PROTEIN		INCLUDE SERVING OF PROTEIN		INCLUDE SERVING OF PROTEIN	INCLUDE SERVING OF PROTEIN	
FATS	IN MODERATION						

1800 KCAL GESTATIONAL DIABETES MELLITUS DIET

11-12 CHO choices