2200 Calorie Pattern for Gestational Diabetes

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Meal Example</th>
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</table>
| **1st Meal (Breakfast)**              | 1 slice whole wheat toast  
1 egg or 1/4 cup egg substitute  
2 teaspoons soft margarine  
Coffee or tea with artificial sweetener and/or small amount milk (1 tablespoon or less) |
| 1 starch  
1 protein food choice  
2 fat  
Coffee/tea with artificial sweetener and/or small amount milk (1 tablespoon or less) | 1 slice whole wheat toast  
1 egg or 1/4 cup egg substitute  
2 teaspoons soft margarine  
Coffee or tea with artificial sweetener and/or small amount milk (1 tablespoon or less) |
| **2nd Meal (Mid-morning snack)**     | 6 whole grain crackers  
2 tablespoons peanut butter (includes fat)  
1 cup reduced fat milk |
| 1 starch  
1 protein food choice  
1 cup reduced fat milk  
1 fat | 6 whole grain crackers  
2 tablespoons peanut butter (includes fat)  
1 cup reduced fat milk |
| **3rd Meal (Lunch)**                  | 2 ounces chicken, not fried  
1 baked potato  
½ cup green beans  
1 cup reduced fat milk  
2 pats soft margarine  
1 apple |
| 2 ounces protein food  
1 starch  
1 low calorie vegetable  
1 cup reduced fat milk  
1 fruit  
2 fats | 2 ounces chicken, not fried  
1 baked potato  
½ cup green beans  
1 cup reduced fat milk  
2 pats soft margarine  
1 apple |
| **4th Meal (Mid-afternoon snack)**   | 1 small bun  
1 ounce low fat cheese  
1 teaspoon mayonnaise  
½ banana |
| 2 starches  
1 protein food choice  
1 fruit  
1 fat | 1 small bun  
1 ounce low fat cheese  
1 teaspoon mayonnaise  
½ banana |
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| **5th Meal (Supper)** | 2 ounces stew beef  
2 ounces protein food  
½ cup corn  
1 small roll  
½ cup broccoli  
½ cup carrots  
2 teaspoons soft margarine  
1 orange |
| **6th Meal (Bedtime snack)** | 1 cup reduced-fat milk  
1 cup reduced fat milk  
3 graham cracker squares  
2 tablespoons peanut butter (includes the fat) |
| 2 starches |  
2 low calorie vegetables  
2 fats  
1 fruit |
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