

**2200 Calorie Pattern  
for  
Gestational Diabetes**



Meal Pattern	Meal Example
<p><b>1st Meal (Breakfast)</b>            1 starch            1 protein food choice            2 fat            Coffee/tea with artificial sweetener and/or            small amount milk (1 tablespoon or less)</p>	<p>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)</p>
<p><b>2nd Meal (Mid-morning snack)</b>            1 starch            1 protein food choice            1 cup reduced fat milk            1 fat</p>	<p>6 whole grain crackers            2 tablespoons peanut butter (includes fat)            1 cup reduced fat milk</p>
<p><b>3rd Meal (Lunch)</b>            2 ounces protein food            1 starch            1 low calorie vegetable            1 cup reduced fat milk            1 fruit            2 fats</p>	<p>2 ounces chicken, not fried            1 baked potato            ½ cup green beans            1 cup reduced fat milk            2 pats soft margarine            1 apple</p>
<p><b>4th Meal (Mid-afternoon snack)</b>            2 starches            1 protein food choice            1 fruit            1 fat</p>	<p>1 small bun            1 ounce low fat cheese            1 teaspoon mayonnaise            ½ banana</p>

Meal Pattern	Meal Example
<p><b>5<sup>th</sup> Meal (Supper)</b>            2 ounces protein food            2 starches            2 low calorie vegetables            2 fats            1 fruit</p>	<p>2 ounces stew beef            ½ cup corn            1 small roll            ½ cup broccoli            ½ cup carrots            2 teaspoons soft margarine            1 orange</p>
<p><b>6<sup>th</sup> Meal (Bedtime snack)</b>            1 cup reduced fat milk            1 starch            1 protein food choice            1 fat</p>	<p>1 cup reduced-fat milk            3 graham cracker squares            2 tablespoons peanut butter (includes the fat)</p>

**Publication #FDNS-E-55-6**

**Reviewed by Connie Crawley June 2011**

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization  
Committed to a Diverse Work Force**