

One-Day Supportive Meal Plan

For Gestational Diabetes

This sample meal plan is intended to support and reduce stress for birthing people navigating gestational diabetes during pregnancy. It offers balanced meal ideas that combine protein, fiber, and healthy fats to promote steady energy throughout the day. This handout is not a medical diet plan and does not replace guidance from a healthcare provider or registered dietitian.

As a doula, the goal is to offer practical support, encouragement, and accessible options, while honoring individual needs, cultural preferences, and food availability.



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Reminder

Please note: This meal plan is supportive and non-prescriptive. Birthing people should continue to follow guidance from their healthcare provider regarding gestational diabetes management. Food choices should be adapted to cultural preferences, allergies, financial access, and individual comfort.



Get in the Know

Gestational diabetes is a type of diabetes that develops during pregnancy in someone who did not have diabetes before becoming pregnant. It happens when pregnancy hormones affect how the body uses insulin. Insulin is the hormone that helps move sugar (glucose) from the bloodstream into the body's cells for energy. When the body cannot use insulin effectively, blood sugar levels can rise.

Gestational diabetes is usually identified through routine screening during pregnancy, often in the second trimester. Many people with gestational diabetes do not notice symptoms and feel physically well. With appropriate support from healthcare providers, gestational diabetes can often be managed through lifestyle supports such as balanced meals, movement, and regular blood sugar monitoring. In some cases, medication or insulin may be recommended by a medical professional.

After birth, blood sugar levels typically return to normal. However, having gestational diabetes can increase the likelihood of developing type 2 diabetes later in life, which is why follow-up care is important.



DAILY MEAL PLANNER

For Gestational Diabetes

This meal plan is not a medical prescription and is not meant to replace guidance from a healthcare provider or nutrition professional. It is simply supportive guidance to help clients feel nourished, empowered, and less overwhelmed while navigating gestational diabetes.

BREAKFAST *This meal combines protein and fiber to support fullness and sustained energy in the morning.*

- ☐ Two scrambled eggs
- ☐ One slice whole-grain or wheat toast
- ☐ Sautéed spinach or frozen mixed vegetables

LUNCH *This meal can be prepared ahead of time and easily adjusted based on food access and preference.*

- ☐ Baked or rotisserie chicken
- ☐ Brown rice or quinoa (½–1 cup)
- ☐ Steamed or frozen vegetables such as broccoli or carrots

DINNER *Budget-friendly substitutions may include beans, lentils, or frozen vegetables.*

- ☐ Baked salmon, canned tuna, or another protein source
- ☐ Sweet potato (½–1 cup)
- ☐ Green vegetables such as green beans, kale, or collard greens