

SAMPLE GDM DIET MENU

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
2 Servings of Carbs	1 Servings of Carbs	2 to 3 Servings of Carbs	1 Servings of Carbs	2 to 3 Servings of Carbs	2 Servings of Carbs
<p style="text-align: center;">1 egg</p> <p style="text-align: center;">2 slices bread</p> <p style="text-align: center;">Butter</p> <p style="text-align: center;">Tea – caffeine free</p>	<p style="text-align: center;">6 saltines</p> <p style="text-align: center;">1 tbsp. peanut butter</p>	<p style="text-align: center;">1/2 cup rice</p> <p style="text-align: center;">1cup of salad</p> <p style="text-align: center;">3 oz. meat</p> <p style="text-align: center;">1 fruit or 1 cup milk</p>	<p style="text-align: center;">1 fruit</p>	<p style="text-align: center;">1 cup pasta with meat sauce</p> <p style="text-align: center;">1 cup vegetables (green beans or carrots or broccoli)</p> <p style="text-align: center;">½ c. ice cream OR 1 fruit</p>	<p style="text-align: center;">3 cups of popcorn OR 1c. milk</p>

FOOD AND ACTIVITY RECORD PG.2

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DATE:	Time: BG*:	Time: BG:	Time: BG:	Time: BG:	Time: BG:	Time: BG:
Food you consumed and the amount of carbs for each						
Total grams of carbs**						
Insulin (food & correction): Comments/ Activities:						
DATE:	Time: BG*:	Time: BG:	Time: BG:	Time: BG:	Time: BG:	Time: BG:
Food you consumed and the amount of carbs for each						
Total grams of carbs**						
Insulin (food & correction): Comments/ Activities:						

*What's BG? Blood Sugar Level **Please note this is the total of the above entry of food consumed in terms of grams of carbs