

**SAMPLE BREAKFAST COMBINATIONS:****30-45g Breakfast:**

- Oatmeal
- Scrambled egg w/cheese
- Hash brown
- 2 pieces of Bacon
- Coffee/Tea
- Butter/Splenda/Creamer/Salt/Pepper
(33.2g Total)

Sample 15g Morning Snack:

- Fresh cut Apples and Peanut Butter
(16g Total)

SAMPLE LUNCH/DINNER COMBINATIONS:**45-60g Lunch/Dinner:**

- Salmon Teriyaki
- Mashed Potatoes
- Braised Greens (Mix of Chard, Kale & Collards)
- Apple Sauce
- Iced Tea/Sparkling Water
- Butter/Salt/Pepper/Mrs. Dash
(53g Total)

Sample 30g Afternoon Snack:

- Greek Strawberry Yogurt, Roasted Almonds, and Popcorn (30g Total)

SAMPLE SNACK COMBINATIONS FOR SPECIFIC CARBOHYDRATE LEVELS:**15g Snacks:**

- Popcorn & String Cheese (11g)
- Graham Crackers & String Cheese (11g)
- Fresh cut Apples & Peanut Butter (16g)
- Roasted Almonds & Fresh Cut Apples (18g)
- Raw Carrot & Raw Celery & 2 orders Peanut Butter (16.7g)
- Plain Greek Yogurt & Roasted Almonds (13g)
- 2 packets Saltine Crackers & 1 Peanut Butter (13g)
- Plain Greek Yogurt & Roasted Almonds (13g)

30g Snacks:

- Multigrain Chips & String Cheese (27g)
- Greek Strawberry Yogurt, Roasted Almonds, and Popcorn (30g)
- Multigrain Chips & 2 orders Mild Salsa (29g)
- Annie's Cheddar Bunnies & Roasted Almonds (24g)





WHAT IS GESTATIONAL DIABETES MELLITUS (GDM)?

Gestational Diabetes is Diabetes diagnosed during pregnancy and usually arises during the second half of a woman's pregnancy and goes away after the baby is born with the proper treatment. The first step to treating GDM is to modify your diet to keep your blood sugar level within a normal range through eating a healthy diet. One of the most effective ways in keeping your blood sugar levels within a normal range is to monitor the amount of carbohydrates in your diet.

HOW WILL MY GESTATIONAL DIABETES BE MANAGED HERE AT UCSF?

- You must order 3 times per day.
- Each time you order, you will order both your meal and a snack. For example, if you are ordering lunch, you will order both your lunch meal and your afternoon snack.
- When your order is delivered, both your meal and snack will be delivered together. The snack will come in a separate paper bag.
- The doctor may prescribe specific carbohydrate levels for you. The Phone Clerk can tell you what the prescribed levels are.

Items that cannot be ordered:

1. No juice, ginger ale, or concentrated sugars allowed at all.
 - a. Concentrated sugars include cookies, cupcakes, cream puffs, regular pudding, regular jello, ice cream, and shakes.
 - b. *Diet soda, diet cranberry juice, coffee, or tea may be ordered instead of juice.
2. No milk, yogurt, or fruit is given at breakfast.
 - a. One serving of either milk or yogurt or fruit can be selected for the 10am snack however, it cannot be selected for breakfast.
3. No milk/yogurt or fruit allowed together in the same meal or snack (after breakfast).
 - a. One serving of milk or yogurt or fruit will be allowed on each meal and snack, if desired.

Your doctor may prescribe different carbohydrate variations. Common carbohydrate limits are:

Breakfast 30g-45g	Lunch 45-60g	Dinner 45-60g
Morning Snack 15-30g	Afternoon Snack 15-30g	Evening Snack 15-30g

