

GUIDELINES FOR BUILDING A GESTATIONAL DIABETES BREAKFAST

300 - 500 CALORIES

20-30 GRAMS OF PROTEIN

**30-45 GRAMS OF CARBOHYDRATES (AIM FOR
COMPLEX CARBS)**

ADD A FRUIT OR VEGETABLE WHENEVER YOU CAN

MORE COMPLEX CARBOHYDRATES	MORE SIMPLE CARBOHYDRATES
WHOLE GRAINS (SELECT 100% WHOLE WHEAT BREAD)	PROCESSED FOODS AND PACKAGED SNACKS
RICE (LOOK FOR HIGHER FIBER)	MOST BREAKFAST CEREALS (LOOK FOR WHOLE GRAIN CEREALS INSTEAD)
PASTA (SELECT WHOLE GRAIN OR HIGH PROTEIN)	SODA
QUINOA	CANDY
FIBER-RICH FRUITS AND VEGETABLES	BAKED TREATS
BEANS AND LENTILS	WHITE BREAD, RICE, PASTA

BREAKFAST IDEAS

CUSTOMIZE HOW YOU WANT TO

- **2 EGGS, 2 SLICES OF TOAST, AND FRUIT**
- **2 EGG SANDWICH WITH AVOCADO**
- **EGG WRAP OR BURRITO**
- **QUINOA EGG CUPS WITH TOAST OR MILK**
- **COTTAGE CHEESE OR GREEK YOGURT FRUIT BOWL**
- **GREEK YOGURT PARFAIT**
- **STEEL CUT OATMEAL WITH PEANUT BUTTER AND FRUIT**
- **HIGH PROTEIN PANCAKES WITH GREEK YOGURT + SYRUP**
- **COTTAGE CHEESE TOAST WITH HONEY**
- **PROTEIN SMOOTHIE**

PROTEIN SOURCE	AMOUNT OF PROTEIN
Lean Beef	22 grams (per 4 oz serving)
Chicken	25 grams (per 4 oz serving)
Pork	25 grams (per 4 oz serving)
Salmon	20 grams (per 4 oz serving)
Egg	5-7 grams (per one egg)
Shrimp	23 grams (per 4 oz serving)
Milk	8 grams (per 8 ounces)
Cottage Cheese	13 grams (per 1/2 cup serving)
Greek Yogurt	10-15 grams (per 1/2 cup serving)

PROTEIN SOURCE	AMOUNT OF PROTEIN
Peanut Butter	7 grams (per 2 tablespoons)
Lentils	18 grams (per 1 cup serving)
Edamame	17 grams (per 1 cup serving)
Tofu	21 grams (per 1/2 cup serving)
Black Beans	8 grams (per 1/2 cup serving)
Quinoa	8 grams (per 1 cup serving)
Tempeh	18 grams (per 3 oz serving)
Hemp Seeds	10 grams (per 3 tablespoons)
Spirulina	8 grams (per 2 tablespoons)