

# Meal Portion Guide

Gestational Diabetes Management

<b>50%</b> <b>Non-Starchy</b> <b>Vegetables</b>
<b>25%</b> <b>Complex</b> <b>Carbs</b>
<b>25%</b> <b>Lean</b> <b>Protein</b>

## The Balanced Plate

Prioritize high-fiber vegetables and consistent carbohydrate timing to maintain stable blood glucose levels.

<b>FOOD GROUP</b>	<b>RECOMMENDED PORTION</b>	<b>EXAMPLES</b>
<b>Complex Carbs</b>	<b>1/2 to 1 Cup</b>	Quinoa, Brown Rice, Sweet Potato, Steel-cut Oats, Sprouted Bread.
<b>Lean Protein</b>	<b>3 - 4 oz</b>	Chicken breast, Tofu, Eggs, White Fish, Lean Turkey.
<b>Non-Starchy Veg</b>	<b>2+ Cups</b>	Spinach, Broccoli, Bell Peppers, Zucchini, Asparagus.
<b>Healthy Fats</b>	<b>1-2 Tbsp</b>	Avocado, Olive Oil, Raw Nuts, Chia Seeds.

**FOOD  
GROUP**

**RECOMMENDED  
PORTION**

**EXAMPLES**

**Snacks**

**15g Carbs**

Small Apple with Almond Butter,  
Greek Yogurt, Berries.

Always consult your healthcare provider or dietitian for personalized carbohydrate targets.