

Meal Ideas

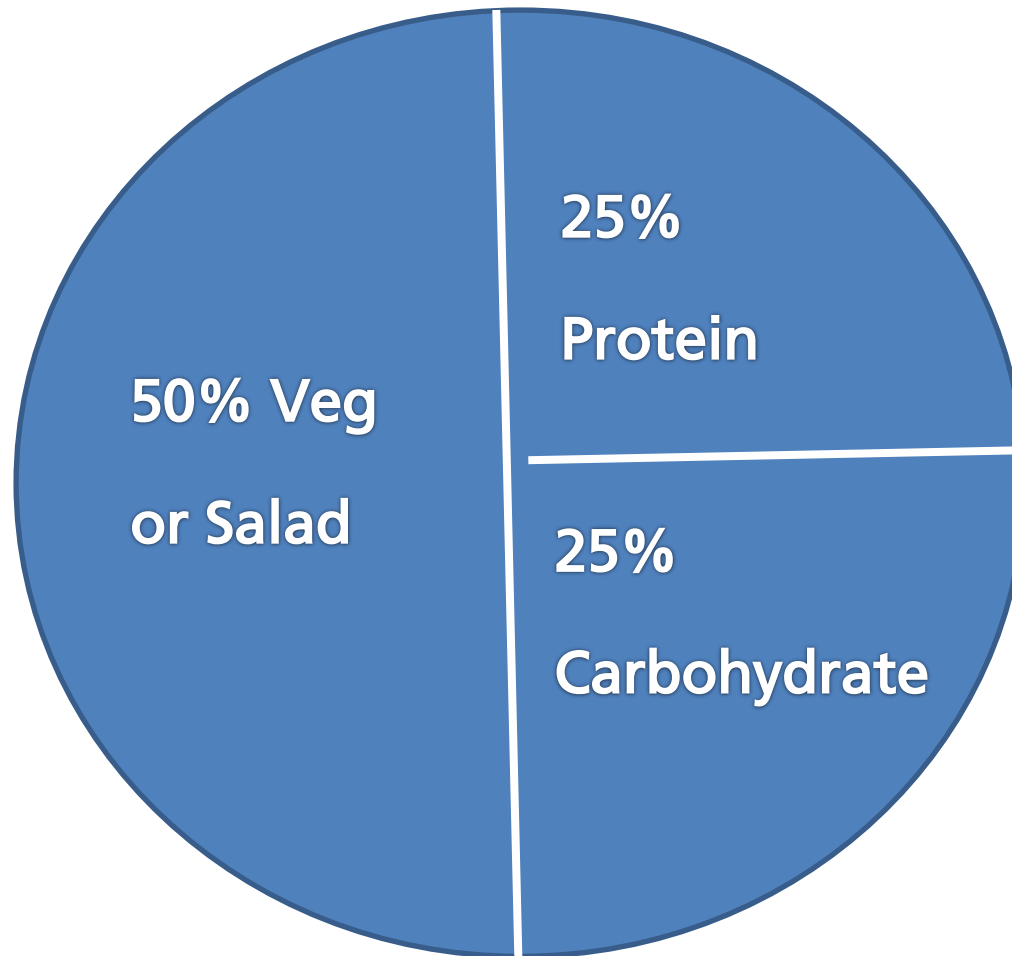
Breakfast

Carbohydrates are not well tolerated at breakfast and so many people find they can only tolerate 15g carbs. Examples include:

- 1 slice of medium thickness bread with any of the following topping
 - Mushrooms
 - Poached or Scrambled egg
 - Tomatoes
 - Cheese*
 - Bacon*
 - Avocado
 - Peanut butter*
 - Fish e.g. Smoked salmon, mackerel, sardines
- Omelette with 1 egg sized potato
- 1 potato waffle with bacon, sausage, tinned tomatoes and scrambled or poached eggs
- 1 crumpet
- 1 small pot of yogurt, you wish to try the higher protein variety e.g. Sykr® or total Yogurt ® with a handful of berries, nuts and seeds
- 25g rolled porridge oats soaked overnight in crème fraiche and handful of berries

*Try to limit how frequently you have these items as they are high in fat and / or salt

Lunch & Evening Meal



~40g Carbohydrates

- 1 Pitta bread
- 2 slices of medium sliced bread
- 1 small bread roll
- 1 sandwich thin
- 1 fist sized jacket potato
- 2 scoops of mashed potato
- 3 small roast potatoes
- 3 egg sized potatoes
- 1 small Yorkshire pudding and 2 small roast potatoes
- Handful of chips
- 3-4 crackers
- 4 Tbsp. cooked rice or pasta
- 4 - 5 Tbsp. cooked couscous or quinoa

For more ideas see Carbs and Cals: Gestational Diabetes