

My gestational diabetes daily meal log

Date: _____

MY DAILY NUTRITIONAL TARGETS:

- Carbohydrates: _____ grams per day (_____ servings)
- Protein: _____ grams per day (_____ servings)
- Fat: _____ grams per day (_____ servings)
- Calories: _____

When	Type & Amount	Menu ideas
BREAKFAST at _____ AM <i>Test your blood glucose before eating.</i>	Carbohydrate: _____ grams (____ servings) Starch _____ Milk _____ Fruit _____ Non-starchy vegetable _____ Protein: _____ grams (____ ounces/ ____ servings) Fat: _____ grams (_____ servings)	
MID-MORNING SNACK at _____ AM	Carbohydrate: _____ grams (____ servings) Starch _____ Milk _____ Fruit _____ Non-starchy vegetable _____ Protein: _____ grams (____ ounces/ ____ servings) Fat: _____ grams (_____ servings)	
LUNCH at _____ PM	Carbohydrate: _____ grams (____ servings) Starch _____ Milk _____ Fruit _____ Non-starchy vegetable _____ Protein: _____ grams (____ ounces/ ____ servings) Fat: _____ grams (_____ servings)	
MID-AFTERNOON SNACK at _____ PM	Carbohydrate: _____ grams (____ servings) Starch _____ Milk _____ Fruit _____ Non-starchy vegetable _____ Protein: _____ grams (____ ounces/ ____ servings) Fat: _____ grams (_____ servings)	
DINNER at _____ PM	Carbohydrate: _____ grams (____ servings) Starch _____ Milk _____ Fruit _____ Non-starchy vegetable _____ Protein: _____ grams (____ ounces/ ____ servings) Fat: _____ grams (_____ servings)	
EVENING SNACK at _____ PM	Carbohydrate: _____ grams (____ servings) Starch _____ Milk _____ Fruit _____ Non-starchy vegetable _____ Protein: _____ grams (____ ounces/ ____ servings) Fat: _____ grams (_____ servings)	