

CARBOHYDRATE CONTAINING FOODS

1 SERVING = 15g of AVAILABLE CARBOHYDRATE

Breads	Serving Size	Parsnips	1 cup	Soy Yogurt, flavoured	1/3 cup
Bread	1 slice	Rice (basmati, white and brown, cooked)	1/3 cup	Snacks	Serving Size
Bagel	¼ large	Winter Squash	1 cup	Cookies, Arrowroot	3
Chapati, Roti, tortilla (6 inch)	1	Yam, sweet potatoes	1/3 cup	Cookies, Gingersnap	3
Croissant	1 small	Pastas	Serving Size	Cookies, oatmeal	1
English Muffin	½	All types (cooked)	½ cup	Granola Bar (28g)	1 bar
Hamburger/Hotdog Bun	½	Fruits and Juices	Serving Size	Muffin	½
Kaiser roll	½	Apple	1 medium	Sugars	Serving Size
Melba Toast Rectangles	4	Banana	½ large	Hard candy, mints	2
Naan (6 inch)	¼ pc	Blueberries	1 cup	Jelly beans	5
Pita Bread (6 inch)	½ pc	Dates	2	Jello	1/3 cup
Pizza crust (12")	1/12	Dried Fruit	¼ cup	Jam, jellies	1 Tbsp
Rice Cakes	2	Fruit Juice	½ cup	Licorice	1 small
Cereals	Serving Size	Grapefruit, Pomegranate	½ large	Popsicle	½
Bran flakes, 100% Bran	½ cup	Grapes, Cherries	15	Sugar- white, brown, icing	1 Tbsp
Cooked cereals	¾ cup	Kiwi	2 medium	My Foods	Serving Size
Cereal Flaked, unsweetened	½ cup	Mango, diced	1/2 medium		
Cherios, Rice Crisps	¾ cup	Melon (all types), papaya	1 cup		
Shredded wheat biscuit	1	Orange, tangelo	1 medium		
Wheat germ	1/3 cup	Pear	1 medium		
Grains/Starchy Vegetables	Serving Size	Peach	1 large		
Barley, bulgur (cooked)	½ cup	Plums, Apricot, tangerine	2 medium		
Beets	1 cup	Strawberries, blackberries, raspberries	2 cups		
Couscous, Quinoa (cooked)	½ cup	Raisins	2 tbsp		
Corn (canned whole kernel)	½ cup	Milk and Alternatives	Serving Size		
Corn-on-the-cob	1 small	Milk (skim, 1%, 2%, whole-3.25%)	1 cup		
Carrots	2 cups	Buttermilk	1 cup		
Tapioca (cooked)	3 Tbsp	Chocolate Milk	½ cup		
Legumes (beans, lentils)	½ cup	Frozen Yogurt	½ cup		
Potato (French fried)	10 regular	Milk, powdered	4 Tbsp		
Potato (cooked)	1/2medium	Milk, Canned or evaporated	½ cup		
Potato (mashed)	½ cup	Plain Yogurt	¾ cup		
Peas	1 cup	Soy Beverage, flavoured	½ cup		
		Soy milk, plain	1 cup		

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PROTEINS

1 SERVING = 1 PROTEIN CHOICE

Choose More Often	Serving Size			Choose Less Often	Serving Size
Beans/Lentils	½ cup	Meat, lean/ground/low fat deli	30 grams (1 ounce), cooked	Cheese, regular (17-33% MF)	30 grams (1 ounce)
Cheese, skim (<7% MF) Cheese, light (<17% MF)	30 grams (1 ounce)	Meat, skinless poultry	30 grams (1 ounce), cooked	Fish, canned, oil-packed	¼ cup
Crab meat	¼ cup	Peameal/back bacon	30 grams (1 slice), cooked	Meat, regular	1/3 cup
Fish, canned, water-packed	¼ cup	Shrimp, fresh/frozen	4-6 large, or 8-10 medium	Poultry, wings skin on	30 grams (1 ounce)
Fresh fish	30 grams (1 ounce), Cooked	Shellfish	30 grams (1 ounce)	Sausage	1-2 links
Egg	1 large	Peanut butter/Almond butter	2 tbsp	Spareribs- beef, pork	1 rib (40 grams)
Hummus	1/3 cup	Tofu (soybean)	100 grams		

FATS

1 SERVING = 1 FAT CHOICE

Choose More Often	Serving Size				
Avocado, raw	1/6 medium	Oil, canola or olive	1 Tsp	Butter	1 tsp
Nuts & Seeds	1 Tbsp	Tahini	½ Tbsp	Cream, half & half (10 % MF)	2 Tbsp
Salad Dressing, low-fat	1 Tbsp	Choose Less Often	Serving Size	Mayonnaise, reduced fat	1 Tbsp
		Bacon	1 Slice	Salad dressing, regular	1 tsp

YOUR MEAL PLAN

Meal	Breakfast	Mid-morning Snack	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
Food group						
Grains & Starches						
Fruits						
Milk & Alternatives						
Vegetables						
Meat & Alternatives						
Fats						