



*10 Breakfast ideas  
for a  
Gestational Diabetes Diet*

By Malama Health  
The Gestational Diabetes  
Tracking App



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# Breakfast

#1

Scrambled eggs with mushrooms and spinach, wholemeal toast, avocado



#2

Greek yogurt with mixed berries

#3

Oatmeal with almond milk, cinnamon, and diced apple



#4

Boiled egg + a slice of wholemeal toast

# Breakfast

Spinach and feta omelette with wholemeal toast



# Breakfast

#6

Greek yogurt with sliced banana and chia seeds



#7

Cottage Cheese, Toast & Boiled Egg

#8

Scrambled eggs with tomatoes, wholemeal toast, low-fat cheese



#9

Spinach and feta omelette with wholemeal toast

#10

Oatmeal with almond milk, walnuts, and diced pear

