

## SAMPLE-MEAL PLAN FOR PREGNANT WOMEN

Approximate calories 2200-2400

### Breakfast

2 slices of whole wheat bread with margarine or 1 cup of cereal  
1 egg  
8 oz. of low fat milk

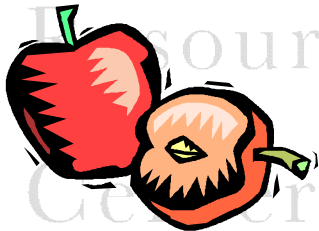
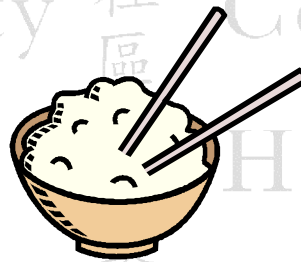


### Mid-Morning Snack

4-5 crackers  
1 oz. cheese or Tb. peanut butter

### Lunch

1 cup of rice or noodles  
3 oz. meat (beef)  
1 cup of vegetables (broccoli)  
1 cup soup  
1 fresh fruit (orange)

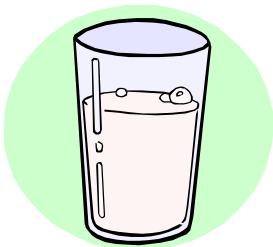
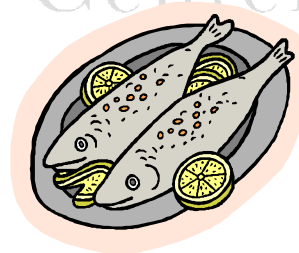


### Mid-Afternoon Snack

8 oz. of low fat milk or yogurt  
1 fresh fruit (apple)

### Dinner

1 cup of rice  
3 oz. of fish or tofu  
1 cup of vegetables (bok choy)  
1 cup soup  
1 fresh fruit (pear)



### Evening Snack

½ cup cereal  
8 oz. of low fat milk