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



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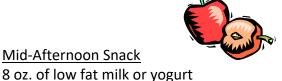
1 cup of rice or noodles

3 oz. meat (beef)

1 cup of vegetables (broccoli)

1 cup soup

1 fresh fruit (orange)





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

1 fresh fruit (apple)