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