

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



Lunch

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)

Mid-Morning Snack

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



Mid-Afternoon Snack

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



Evening Snack

½ cup cereal
8 oz. of low fat milk

