
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

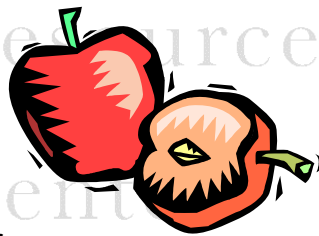
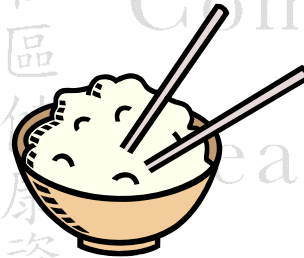


Mid-Morning Snack

- 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)

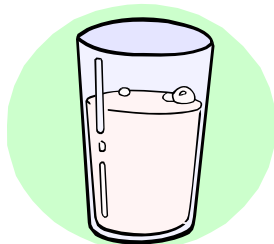
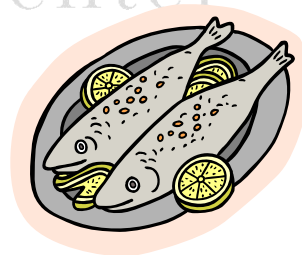


Mid-Afternoon Snack

- 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