

## 2. Menu 2

### MODULE 5

Here is a second example of a one-day menu for a pregnant woman. You can print this menu.

PORTIONS	FOOD GROUPS	EXAMPLES
<b>Breakfast</b>		
½ of your plate	Vegetables and fruits	Grapefruit
¼ your plate	Whole grain foods	Whole wheat bread
¼ your plate	Protein foods	Peanut butter
Healthy drink/extra	Protein foods	Glass of milk (1%, 2% or skim)
<b>Snack</b>		
½ of your snack/small plate	Vegetables and fruits	Banana
¼ your snack/small plate	Whole grain foods	Whole grain roll
¼ your snack/small plate	Protein foods	Tuna
Healthy drink	Water	Water
<b>Lunch</b>		
½ of your plate	Vegetables and fruits	Orange
¼ your plate	Whole grain foods	Whole wheat roll
¼ your plate	Protein foods	Split pea soup
Healthy drink/extra	Protein foods	Glass of milk (1%, 2% or skim)
<b>Snack</b>		
½ of your snack/small plate	Vegetables and fruits	Berries
¼ your snack/small plate	Whole grain foods	Whole grain cereal
¼ your snack/small plate	Protein foods	Milk (1%, 2% or skim)
<b>Supper</b>		
½ of your plate	Vegetables and fruits	Stir fry veggies
¼ your plate	Whole grain foods	Whole grain noodles
¼ your plate	Protein foods	Broiled chicken
Healthy drink	Water	Water
Extra	Vegetables and fruits	Applesauce
<b>Snack</b>		
½ of your snack/small bowl	Vegetables and fruits	Banana (to wrap in tortilla)
¼ your snack/small bowl	Whole grain foods	Whole wheat tortilla

¼ your snack/small bowl	Protein foods	Peanut butter (spread on tortilla)
Healthy drink	Water	Water



In your second and third trimester, you will need to eat a little more. This can include an extra snack each day. Snacks can include a couple of healthy foods and a healthy drink.

This menu provides:

- **Iron** from whole grain bread and cereals, protein foods, and dried fruit
- **Calcium** and **Vitamin D** from lower fat unsweetened milk or soy milk beverage
- **Folic acid** from vegetables and fruits, protein foods, and whole grains
- **Vitamin C** from vegetables and fruits