

1. Menu 1

MODULE 5

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

PORTIONS	FOOD GROUPS	EXAMPLES
Breakfast		
½ of your plate	Vegetables and fruits	Apple slices and orange sections
¼ your plate	Whole grain foods	Bran muffin
¼ your plate	Protein foods	Scrambled egg
Healthy drink/extra	Protein foods	Glass of milk (1%, 2% or skim)
Snack		
½ of your snack/small plate	Vegetables and fruits	Grapes
¼ your snack/small plate	Whole grain foods	Whole grain roll
¼ your snack/small plate	Protein foods	Peanut butter
Healthy drink	Water	Water
Lunch		
½ of your plate	Vegetables and fruits	Tossed salad
¼ your plate	Whole grain foods	Whole wheat bread
¼ your plate	Protein foods	Canned tuna
Healthy drink/extra	Protein foods	Glass of milk (1%, 2% or skim)
Snack		
½ of your snack/small plate	Vegetables and fruits	Carrot sticks
¼ your snack/small plate	Whole grain foods	Whole grain crackers
¼ your snack/small plate	Protein foods	Hummus dip
Healthy drink	Water	Water
Supper		
½ of your plate	Vegetables and fruits	Broccoli and carrots
¼ your plate	Whole grain foods	Whole grain rice
¼ your plate	Protein foods	Steak
Healthy drink	Water	Water
Extra	Vegetables and fruits	Canned peaches
Snack		
½ of your snack/small bowl	Vegetables and fruits	Banana slices
¼ your snack/small bowl	Whole grain foods	Whole grain cereal
¼ your snack/small bowl	Protein foods	Milk (1%, 2% or skim)



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