

## Sample Pregnancy Meal

### Breakfast

- 1 cup oatmeal with ¼-1/2 cup milk, topped with
- 1 tablespoon chopped nuts
- 1/2 cup of fruit
- 1 cup orange juice

### Lunch

- Turkey and cheese sandwich (2 ounces turkey breast, 1 1/2 ounces Swiss cheese topped with roasted red peppers on 2 slices of whole-wheat bread)
- 1 cup vegetable soup
- ½ cup fruit
- 8 ounces of water

### Snack

Yogurt/fruit shake (In a blender, mix 1 cup plain Greek yogurt with 1 banana, 1 cup fresh strawberries, raspberries or blueberries, ½ cup of milk, 1 tbsp of chia seeds)

### Dinner

- Tossed salad (baby spinach, tomato, carrots and green pepper) drizzled with 2 tablespoons of dressing
- 5 ounces grilled chicken breast, cut into chunks and stir-fried with
- 1 cup assorted vegetables (e.g., mushrooms, broccoli and onions) with 1 tablespoon vegetable oil and
- 1 teaspoon low-sodium soy sauce
- 1 cup quinoa or brown rice
- 8 ounces of water

### Snack

- 1 cup of milk
- 1 apple
- 1 tablespoon creamy peanut butter



**Nutrition information:** 2,544 calories, 26 percent fat (74 grams), 53 percent carbohydrate, 21 percent protein, 25 milligrams iron, 1,645 milligrams calcium, 465 micrograms folic acid, 4.7 milligrams B6, 18 milligrams zinc, 38 grams fiber.

### Snacking ideas:

- Granola bar with  $\frac{1}{2}$  cup fresh fruit
- 2 string cheese sticks, piece of fruit (any)
- Homemade trail mix ( $\frac{1}{4}$  cup almonds,  $\frac{1}{4}$  cup dried fruit,  $\frac{1}{4}$  cup mini chocolate chips)
- Greek yogurt with granola and fruit
- Whole grain toast with tbsp. of peanut butter topped with Flax seed
- Whole grain tortilla chips with  $\frac{1}{2}$  cup of black bean dip or guacamole
- 6 ounces of tuna with 6 Triscuit crackers
- 1 cup of chopped veggies 2 tbsp. hummus
- 2 tbsp. hummus with 6 whole grain crackers
- $\frac{1}{2}$  cup cottage cheese  $\frac{1}{2}$  cup fresh fruit
- 1 ounce of nuts (almonds, cashews, pecans, walnuts etc) pairs with any fruit
- $\frac{1}{2}$  cup Greek ranch dip with 1 cup of veggies

