

Balanced meals and snack ideas during pregnancy



Eating the right portions plays an important role in getting the right amount of carbohydrates needed for energy and nutrition as your baby grows.

Breakfast

Include protein and **15 grams** of carbohydrates. The earlier you eat breakfast in the morning, the better.

1 slice of 100% whole wheat bread with 1-2 tablespoons old-fashioned, all natural peanut (or other nut) butter

2 ounces cheese melted on 1 slice of 100% whole wheat bread, topped with a tomato slice

Quesadilla: made with 1 corn tortilla with 2 ounces of melted cheese, chopped peppers and onions (optional), and 1 tablespoon guacamole or salsa (optional)

Strawberry Smoothie: 2 crushed ice cubes, 1 cup plain yogurt, 1 cup frozen or fresh strawberries. Optional: add 2 tablespoons of whey protein.

High-protein snack bar with at least **6 grams** of protein, at least **3 grams** of fiber, and about **15-20 grams of total carbohydrates**

1/3 cup cooked brown rice (avoid instant rice), 2 ounces your choice of fish, chicken, or beef with sautéed or stir-fried vegetables

Greek yogurt or cottage cheese with 1 medium peach

1/2 cup tuna with mayonnaise, celery, pickles, and 1/2 pita bread

1/4 cup shredded meat or chicken leg, 1 tortilla and salsa

1 container of cottage cheese and fruit containing 15-20 grams total carbohydrates

1 or 2 cooked eggs, or a 2 egg omelet, 1 slice of 100% whole wheat toast

If you need something light: 1 serving of fruit; or 1/2 cup of cooked old-fashioned oatmeal in water; or 1 small container of light yogurt

Morning and afternoon snacks

15-30 grams of carbohydrate

1 cup of cantaloupe cubes, 1/2 cup plain Greek yogurt or cottage cheese

1/2 cup mango, 1/4 cup of peanuts or almonds, 8 ounces of low-fat milk

1 small apple or orange or 17 small grapes, 1 corn tortilla with cheese

2 tacos with chicken, cheese, lettuce, tomato salsa and chile (if you want beans, then only eat one taco)

1/2 cup of regular oatmeal with 1 cup of milk

2 small plums, 1-2 tablespoons of peanut butter with celery, 8 ounces of milk

Mixed berry smoothie made with 2 crushed ice cubes, 1 cup plain yogurt, 1 cup frozen or fresh strawberries

1 mozzarella string cheese, 1 cup chopped strawberries, 6-8 ounces of plain yogurt

Kashi™ or other high-protein snack bar with **15-30 grams total carbohydrate**, at least **3 grams** of fiber, and at least **6 grams** of protein



Lunches and dinners

Usually 30-45 grams of carbohydrates


<p>Burrito: 1 eight-inch diameter flour tortilla, 2-3 ounces cooked chicken, ½ cup Pinto beans, lettuce, tomatoes, onions, 2 tablespoons guacamole, water with lemon</p>	<p>Carne Asada: 1 corn tortilla, ⅓ cup Spanish rice, ½ cup Pinto beans salsa, guacamole water with lemon</p>	<p>Stir Fry: ⅔ cooked rice, 2-3 ounces cooked chicken, 1-2 cups cauliflower, green beans, carrots, broccoli, onions (garlic and ginger optional), stir-fried 2 teaspoons of canola oil for cooking</p>
<p>1 ½ cups of lentil stew containing lentils, chopped carrots, tomato, onion, celery, one clove of garlic, salt and pepper to taste</p>	<p>1 large corn on the cob, 1 pork chop garnished with sautéed onion, garlic and tomato Large green salad with avocado and dressing</p>	<p>2 egg omelet or scrambled with melted cheese, 1 cup green beans, onion, mushroom, bell pepper, 2 corn tortillas (or 2 toast), 1 teaspoon oil or margarine</p>
<p>4 ounces grilled salmon fillet, 6 ounces baked potato (medium), 2 teaspoons butter or margarine, 1 cup mixed vegetables, 1 cup steamed broccoli</p>	<p>2 chicken enchiladas, ½ cup Pinto beans, green salad, oil and vinegar, water with lemon</p>	<p>Pasta Salad: 1 cup cooked pasta with ½ cup cubed chicken breast, ½ cup chopped bell pepper, celery, tomato, pasteurized feta cheese, Italian dressing (regular)</p>

Bedtime snacks

Always include **protein**, but **not fruit** at bedtime

<p>1 slice of whole wheat bread, 2 tablespoons of old-fashioned all natural peanut butter</p>	<p>1 ounce of string cheese, 5 whole crackers</p>	<p>Chicken & Cheese Quesadilla: 1 corn tortilla with ½ ounce cheese, 2 tablespoons diced chicken and fresh salsa</p>
<p>Green salad with shredded cheese, sliced boiled egg or chicken, nuts, garbanzo beans, ¼ cup croutons Lemon or salad dressing</p>	<p>1 hard-boiled egg, 1 whole wheat toast, 1 teaspoon butter or margarine</p>	<p>½ Sandwich: 1 slice of 100% whole wheat bread, 1 ounce of lean meat (turkey ham, beef - heated), lettuce, tomato, onion, mustard</p>
<p>1 ounce of mozzarella cheese on 1 slice of whole wheat bread</p>	<p>¼ cup of peanuts, cashews, almonds, pistachios, pumpkin seeds, or mixed nuts</p>	<p>Celery with 1-2 tablespoons of peanut butter, 5 whole wheat crackers (Triscuits™)</p>

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