

Sample meal plan for pregnancy

The Australian Guideline to Healthy Eating serve recommendation for pregnant women:

Breads & cereals	8.5 serves/day
Fruit	2 serves/day
Vegetables	5 serves/day
Dairy	2.5 serves/day
Meat & meat alternatives	3.5 serves/day

Breakfast

1 cup Special K or
2 Weetbix or ½ cup
untoasted muesli (60g)
with 1 cup reduced fat milk

OR 2 slices wholegrain
toast with toppings

OR 1 English Muffin with
½ cup baked beans and
1 egg

OR 200g low fat yoghurt
with ¾ cup tinned fruit in
natural juice (drained)

Lunch

1 wholegrain sandwich,
roll or wrap with egg/tuna/
low fat cheese and salad

OR 1 cup lentil soup with
2 slices of wholegrain
bread

OR 2/3 cup basmati rice
with 2/3 cup beans or ¾
cup lentils or 100g lean
meat/fish/chicken and
salad/veg

OR 4 Vita-Weets with
1 small tin tuna and
1 piece of fruit

Dinner

100g cooked lean meat/
chicken/fish with 1 boiled
potato, ½ corn cob and
side of other veg/salad

OR 1½ cups cooked pasta
with tomato based sauce
and garden salad

OR 1 cup basmati rice
with 100g stir fried lean
chicken/beef/fish and veg

OR 2 tortillas with lean
mince and salad followed
by ½ cup low fat custard

Morning tea/afternoon tea/snacks

1 medium piece of fruit	200g low fat yoghurt
4 Vita-Weets with low fat cream cheese	1 slice fruit toast with thin scrape margarine
1 cup reduced fat milk	2 digestives biscuits
200ml reduced fat milk and 2tsp milo/nesquik	10 rice crackers (e.g. Sakata's) with low fat dip

For more information

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