

Sample Menus for Pregnancy

Breakfast

Whole grain toast
egg or peanut butter
skim milk, 1 cup
Orange

Lunch

Tuna salad made with light mayonnaise
on whole wheat bread, 2 slices
Carrot sticks
Pear
Skim milk, 1 cup

Dinner

Baked pork chop
Brown rice ½ cup
Steamed broccoli
Vegetable salad with light dressing
water

Snacks

String cheese or light yogurt
Peanuts
Apple

Sample Menus for Pregnancy

African American:

Breakfast

Boiled egg
Turkey sausage
Whole grain toast with soft margarine or ½
cup of grits

Lunch

Ham, 2 oz
Cheddar cheese, 1 oz
on whole wheat bread, 2 slices
lettuce and tomato
light mayonnaise
Apple
Skim milk-1 cup

Dinner

Baked chicken, 2 pieces
Brown rice ½ cup
Small piece of cornbread
Baked sweet potatoes ½ cup
Collard greens
Skim milk, 1cup

Snacks

Whole grain cereal
Banana
Light yogurt

Sample Menus for Pregnancy-
(Somali)

Breakfast

Canjaara (flat bread)
Maqumat (dried meat with ghee)
Spiced black tea with milk

Lunch

Goat meat stew with carrots, tomatoes and
onions
Canjaara
Rice-1 cup
Skim milk-1 cup

Dinner

Pita bread
Chicken with red curry sauce and spinach
Skim milk 1 cup

Snacks

Banana
Mango
Milk spiced with cardamom

Sample Menus for Pregnancy-
(vegetarian)

Breakfast

Steel-cut Oatmeal, 1 cup
banana
Skim or soy milk 1 cup

Lunch

Falafal
on whole wheat pita
with tomato and
lettuce
yogurt sauce
lentil vegetable soup, 1 cup
Skim or soy milk, 1 cup

Dinner

tofu stir fry (tofu, bok choy,
broccoli, carrots)
brown rice, 1 cup
skim or soy milk, 1cup
oatmeal walnut cookies, 2

Snacks

hummus
raw carrots and peppers
sunflower seeds and raisins
whole grain crackers and
peanut butter

Sample Menus for Pregnancy
(Native American foods)

Breakfast

Whole wheat toast
blueberries
eggs, 2
skim milk, 1 cup

Lunch

Tuna noodle casserole with carrots and peas
Whole wheat bread, soft margarine
apple
skim milk, 1 cup

Dinner

Venison stew
Wild rice-1 cup
Corn, squash and lima beans
Skim milk, 1 cup

Snacks

Sunflower seeds
Banana, 1
Cheddar cheese
Whole wheat crackers, 6

Sample Menus for Pregnancy
(Mexican-American foods)

Breakfast

Eggs, 2 with
Tomato, onion and peppers
Corn tortilla, 1
Coffee with milk 1 cup

Lunch

Pork with green chili sauce
Rice with tomatoes, onions, 1 cup
Chayote
Refried Beans, ½ cup
Lettuce and cucumber salad with lemon
Tortillas-2
Skim milk, 1 cup

Dinner

Sopes (tortilla with beans, cheese and salsa)
Skim milk, 1 cup

Snacks

Pepitas
Melon, papaya
Light yogurt

Sample Menus for Pregnancy

(Hmong Foods)

Breakfast

Eggs
Sticky rice, 1 cup
Broccoli

Lunch

Rice noodles, 1 cup
Chicken, boiled with greens
Skim milk, 1 cup

Dinner

Pork stir-fried with carrots, green beans
Rice, 1 cup
Skim milk, 1 cup

Snacks

Watermelon
Mango
Papaya
Light yogurt