

Appendix D

Sample Menus for Pregnancy

Breakfast

raisin bran, 1 cup
banana, 1
skim milk, 1 cup

Lunch

deli roast beef, 4 oz
on cracked wheat bread, 2 slices
with lettuce, 1 large leaf
tomato, 3 slices
and mayonnaise, 1 tablespoon
potato chips, 1 oz bag
dried apricots, 1/2 cup
skim milk, 1 cup

Dinner

spaghetti noodles, 1 cup
with sauce, 1/2 cup
meatballs, 2
garlic bread, 1 slice
pineapple chunks, 1/2 cup
skim milk, 1 cup

Snacks

Snickers®, 1
orange juice, 6 oz
frozen low-fat yogurt, 1 cup

Sample Menus for Pregnancy (example of Southern foods)

Breakfast

fried egg, 1
grits, 1 cup
cornbread, 1 piece
with 1 teaspoon butter
and with 1 teaspoon honey

Lunch

ham, 2 oz
cheddar cheese, 1 oz
on whole wheat bread, 1 slice
baked beans, 3/4 cup
asparagus, 1/2 cup
plum, 1

Dinner

baked chicken, 2 pieces
rice, 1 cup
blackeyed peas, 1/2 cup
sweet potatoes 1/2 cup
collard greens 1/2 cup
2 tsp butter
skim milk, 1 cup

Snacks

ice cream, 1 cup
peach slices, 1 cup
Wheaties®, 1 cup
skim milk, 1 cup

Nutrient Analysis

Nutrient	Amount	% of RDA/AI*
Calories	2421 kcal	97%
Protein	99 g	
Calcium	1475 mg	113%
Iron	20 mg	67%
Zinc	18 mg	122%
Vitamin A	1393 RE	174%
Thiamin	2.1 mg	140%
Riboflavin	3.1 mg	194%
Niacin	26 mg	153%
Folate	368 mg	74%
Vitamin B ₆	3.2 mg	160%
Vitamin C	149 mg	213%

Nutrient Analysis

Nutrient	Amount	% of RDA/AI*
Calories	2474	99%
Protein	80 g	
Calcium	1410 mg	108%
Iron	28 mg	93%
Zinc	25 mg	168%
Vitamin A	4332 RE	217%
Thiamin	2.5 mg	167%
Riboflavin	3.1 mg	194%
Niacin	29 mg	171%
Folate	588 mg	118%
Vitamin B ₆	2.5 mg	125%
Vitamin C	107 mg	153%

Sample Menus for Pregnancy

Breakfast

Total cereal, 1 cup
strawberries, 3/4 cup
skim milk, 1 cup

Lunch

McDonald's cheeseburger
french fries, 1 small order
milk shake, 1 small

Dinner

beef stew, 1 cup
noodles, 1/2 cup
wheat bread, 1 slice
1 tsp butter
squash, 1/2 cup
dinner salad with tomatoes & carrots, 1 cup
1 Tbsp salad dressing
skim milk, 1 cup

Snacks

pre-cut vegetables (carrots, cauliflower,
celery), 1 cup
yogurt dip, 1/2 cup
bagel, 1
peanut butter, 2 Tbsp
pepsi, 1 can (12 oz)

Nutrient Analysis

Nutrient	Amount	% of RDA/AI*
Calories	2468 kcal	97%
Protein	98 g	
Calcium	2149 mg	163%
Iron	37 mg	123%
Zinc	34 mg	34%
Vitamin A	2824 RE	353%
Thiamin	4.0 mg	267%
Riboflavin	4.9 mg	306%
Niacin	48 mg	282%
Folate	836 mg	167%
Vitamin B ₆	4.8 mg	240%
Vitamin C	224 mg	320%

Sample Menus for Pregnancy (vegetarian)

Breakfast

oatmeal, 1 cup
brown sugar, 1 Tbsp
banana, 1
skim or soy milk, 1 cup
whole wheat toast, 1 slice
with jam, 2 Tsp
cranberry juice, 6 oz

Lunch

falafel sandwich (2 balls falafal
on whole wheat pita, 1 pocket
with tomato, 3 slices
lettuce, 2 slices
yogurt sauce, 2 Tbsp)
vegetable soup, 1 cup
cucumber and tomato salad, 1/2 cup
dressing, 1 Tbsp
skim or soy milk, 1 cup

Dinner

tofu stir fry (tofu, 3 oz, bok choy, 1/4 cup,
broccoli, 1/4 cup, carrots, 1/4 cup,
collards, 1/4 cup)
brown rice, 1 cup
skim or soy milk, 1 cup
oatmeal cookies, 2

Snacks

hummus, 1/4 cup
raw vegetables, 1 cup
(carrots, peppers, mushrooms)
raisins, 1/4 cup
bagel, 1
peanut butter, 2 Tbsp

Nutrient Analysis

Nutrient	Amount	% of RDA/AI*
Calories	2448 kcal	98%
Protein	94 g	
Calcium	1481 mg	114%
Iron	23 mg	77%
Zinc	14 mg	91%
Vitamin A	3089 RE	386%
Thiamin	2.5 mg	167%
Riboflavin	2.7 mg	169%
Niacin	23 mg	135%
Folate	545 mg	109%
Vitamin B ₆	2.9 mg	145%
Vitamin C	164 mg	234%

**Sample Menus for Pregnancy
(Native American foods)**

Breakfast

toast, 2 slices
jam, 2 Tsp
strawberries, 1/2 cup
egg, 1
skim milk, 1 cup
orange juice, 6 oz

Lunch

tuna noodle casserole, 1 cup
carrots & peas, 1 cup
whole wheat bread, 1 slice
butter, 1 Tsp
skim milk, 1 cup

Dinner

venison, 4 oz
mashed potatoes, 1 cup
gravy, 2 Tbsp
creamed corn, 1/2 cup
fry bread, 1 piece
skim milk, 1 cup

Snacks

peanuts, 1/4 cup
raisins, 1/4 cup
banana, 1
cheddar cheese, 1 oz
whole wheat crackers, 6

**Sample Menus for Pregnancy
(Mexican-American foods)**

Breakfast

egg, 1
chile sauce, 1 Tbsp
corn tortilla, 1
cantaloupe, 1/2 cup
orange juice, 6 oz
skim milk, 1 cup

Lunch

beef taco, (1 tortilla with 2 oz lean ground
beef, lettuce, tomato and
1 oz American cheese)
refried beans, 1/2 cup
spanish rice, 1/2 cup
skim milk, 1 cup

Dinner

arroz con pollo (4 oz chicken, 1 cup rice)
squash, 3/4 cup
peas, 1/2 cup
skim milk, 1 cup
flan, 1 cup

Snacks

raisin bran, 1 cup
skim milk, 1 cup
pear slices, 3/4 cup
flan, 1 cup
peanut M & M's, 1 bag (1.67 oz)

Nutrient Analysis

Nutrient	Amount	% of RDA/AI*
Calories	2594 kcal	104%
Protein	129 g	
Calcium	1759 mg	135%
Iron	20 mg	67%
Zinc	16 mg	106%
Vitamin A	2841 RE	355%
Thiamin	2.4 mg	160%
Riboflavin	3.4 mg	213%
Niacin	34 mg	200%
Folate	375 mg	75%
Vitamin B ₆	3.3 mg	165%
Vitamin C	167 mg	238%

Nutrient Analysis

Nutrient	Amount	% of RDA/AI*
Calories	2595 kcal	104%
Protein	144 g	
Calcium	2035 mg	157%
Iron	21 mg	71%
Zinc	21 mg	140%
Vitamin A	1720 RE	215%
Thiamin	2.4 mg	160%
Riboflavin	3.7 mg	231%
Niacin	30 mg	176%
Folate	457 mg	91%
Vitamin B ₆	3.3 mg	165%
Vitamin C	190 mg	271%

* Calories, protein, Iron, Zinc, Vitamin A, and Vitamin C values are 1989 RDA's.
Calcium value is 1998 AI. Thiamin, Riboflavin, Niacin, Folate, and Vitamin B₆ values are 1998 RDA's.

Weight kg [lb]	124 [49]	127 [50]	130 [51]	132 [52]	135 [53]	137 [54]	140 [55]	142 [56]	145 [57]	147 [58]	150 [59]	152 [60]	155 [61]	157 [62]	160 [63]	163 [64]	165 [65]	168 [66]	170 [67]	173 [68]	175 [69]	178 [70]	180 [71]	183 [72]	185 [73]	188 [74]	190 [75]	193 [76]		
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