Pregnancy Diet

 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In a group of four, plan out one’s day menu that would be healthy for a pregnant mom. You should include 2 servings of protein, 4-5 servings of fruits and vegetables, 3 servings of carbohydrates and 2 servings of dairy. Keep in mind that foods that are low in sugar and high in nutrients.

Breakfast

Snack

Lunch

Snack

Dinner

Snack