



**Pregnant Female
Nutrition Plan**

<p>BREAKFAST</p> <p>Protein Grain/Cereal Fat or Dairy Fruit</p>	<p>Quantity</p> <p>1 Portion 2 Portions 1 Portion 1 Portion</p>
<p>AM SNACK</p> <p>Fat or Dairy Vegetable</p>	<p>Quantity</p> <p>0.5 Portions 1 Portion</p>
<p>LUNCH</p> <p>Protein Grain/Cereal Fat or Dairy Vegetable</p>	<p>Quantity</p> <p>1.5 Portions 2 Portions 0.5 Portions 1.5 Portions</p>
<p>PM SNACK</p> <p>Vegetable Fruit</p>	<p>Quantity</p> <p>1 Portion 1 Portion</p>
<p>DINNER</p> <p>Protein Grain/Cereal Fat or Dairy Vegetable</p>	<p>Quantity</p> <p>1 Portion 2 Portions 0.5 Portions 1.5 Portions</p>

This nutrition plan is in line with dietary guidelines for a general population person and is not for the purpose of treating any specific medical condition.

