
























Daily Meal Pattern Guidelines Pregnant &/or Lactating Women			Daily Healthy Eating Recommendations	
Breakfast			Fruits	
	Milk	8 oz		Eat 2 cups of fruit:  1 serving = 1 medium fruit, ½ cup fresh, frozen, or canned fruit, ¼ cup dried fruit, or ½ cup juice
	Fruit or juice	½ cup	Vegetables	
	Cereal – Unsweetened, whole grain	1 cup		Eat 2-3 cups vegetables:  1 serving = 1 cup raw leafy vegetable, ½ cup raw or cooked vegetable, or ½ cup vegetable juice
	Toast – whole wheat	1 slice	Dairy	
Lunch				Eat 3 servings of dairy products each day:  1 serving = 1 ½ ounces of cheese, or 1 cup low fat milk or yogurt
	Meat	2 oz.	Protein	
	Bread – whole grain	2 slices		Eat 6 ½ oz of meat or meat alternate each day:  1 serving = 2-3 oz meat, 2 eggs, 4 tablespoons peanut butter, 2-3 oz tofu, or 1 cup cooked dried peas or beans.
	Vegetable, salad	½ cup – 1 cup	Grains	
	Fruit	½ cup		Eat 7 ounces of grains each day, including 3 serv. of whole grains:  1 ounce equivalent = 80 calories 1 slice bread, 1/3 – ¼ cup dry cereal ½ cup rice, pasta or cooked cereal
	Milk	8 oz.	Fats	
Dinner				4 servings daily:  1 serving = 1 teaspoon butter, margarine, or oil, tablespoon low fat margarine or salad dressing
	Meat or meat alternate Chicken, fish or beef	3 oz. (size = deck of cards)	USDA is an equal opportunity provider and employer.	
	Grains, Potatoes, Rice, pasta	1 cup		
	Vegetable (dark green or orange)	1 cup		
	Fruit	½ cup		
	Milk	8 oz.		
Snacks				
	Meat or cheese, Or bread/cereal	1 oz.		
	Fruit or vegetable Grapes, banana, orange	½ cup each fruit and vegetable each day		
	Milk, low fat yogurt	8 oz.		