

## Suggestions for one day's food for pregnant women with high weight/high weight gain

### Breakfast

2.5 dl low-fat sour milk, low-fat yoghurt, skimmed milk or similar  
1 dl unsweetened cereal flakes/muesli/grains  
1.5 dl berries or one fruit



One wholemeal sandwich  
with filling, such as fish paste (e.g. herring paste, mackerel in tomato sauce)  
vegetables (pepper, tomato, cucumber, sprouted beans, salad leaves)  
possibly one egg



*(breakfast can be divided into two parts, one at home and a sandwich taken to work)*

### Snack

One fruit



### Lunch

One serving of cooked hot or cold food measured by the plate method:

1 portion (approximately 100-150 g) fish/poultry/lamb/beef/pork/other meat or vegetarian *(protein)*  
2 potatoes or 2 dl rice/pasta/bulgur/quinoa/wheat grain/pearl barley or similar - or 2 slices of bread  
*(carbohydrates)*  
Vegetables, as much as you want - go easy with sauces/dressing

*It's best to start with vegetables,  
then protein  
and finally carbohydrates*



One fruit



### Snack

### Dinner

One serving of cooked hot or cold food measured by the plate method



### Snack suggestions

2 pieces of crisp-bread with a good spread  
1 glass skimmed milk/low-fat sour milk/low-fat yoghurt/smoothie...  
vegetables/fruit



*This food gives you your daily requirements of nutrients that you need during pregnancy. Vary your food and pay attention to the portion size.*

*Fish in some form is recommended 2 to 3 times a week*



*Look for the keyhole symbol and similar when you are shopping or eating out.*

*Enjoy your food and indulge in vegetables and fruit!*

