

Suggestions for one day's food when you are pregnant 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*



Snack

One fruit



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!

