

small frequent meals



during pregnancy

Eating 5 to 6 small meals instead of 3 large meals during the day can help you feel better - less nausea, heartburn or upset stomach.

Find an eating pattern that fits your lifestyle -

- eat 3 small meals and add 2 to 3 healthy snacks
- divide your daily food into 5 or 6 mini meals
- eat half of your meal and save half for a later snack

eat 3 small meal... and 2 to 3 healthy snacks

Eat smaller servings of food at lunch and dinner, and have healthy snacks in the mid-afternoon and mid-morning.

Choose healthy snacks for your growing baby, not snacks high in sugar, fat and calories:

snacks with protein and iron:

- hard boiled eggs
- celery stuffed with peanut butter
- small bean burrito, peanuts
- tuna salad or chicken salad on crackers or toast
- graham crackers with peanut butter



snacks with calcium:

- glass of milk, yogurt, string cheese
- milkshake or smoothie
- whole wheat crackers with sliced cheese
- cottage cheese with sliced peaches or tomatoes

working?

bring along some healthy snacks:

- banana, string cheese, yogurt
- dried fruit and nut mixtures
- peanuts or raisins
- bagel or crackers with peanut butter



Keep healthy foods in your refrigerator and cupboard. **Make it easy to grab snacks and mini meals.**

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mini meals

for moms

... instead of large meals
... 5 to 6 times a day.
... each day...an average
... about 400 calories.

o, chicken quesadilla
ed with pizza
zarella cheese
- top with
i or chili



noodle soup, chili
illed chicken strips

ed whole wheat toast
salad sandwich
s or crackers
utter or hummus



uit and granola
ten fruit
raisins



ereal with milk,
hana slices

ety of l veggies mini meals...

bananas,
bes
bes, broccoli,
uliflower
rs,



ow fat dip

, half later

od at lunch or dinner,
for a snack later.

wich at lunch, and
ch in the mid-afternoon.

o or rice dish at lunch,
-afternoon.

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od from your health care provider. P275