

A healthy lifestyle during pregnancy

Menu 3: Budget menu

Meal/snack	Food and drinks	Food groups	Caffeine content (mg)
Early morning	Mug of tea with milk		75
Breakfast	Two Weetabix™ with milk Banana Water to drink	1, 3 2	
Mid-morning	2 clementines Cup of tea with milk	2	50
Midday meal	Baked beans on wholemeal toast Carrot and celery sticks Tinned peaches Yogurt Water to drink	1, 4 2 2 3	
Afternoon snack	Bread/toast with butter and jam Cup of tea with milk	1, 5 Sugary food	50
Evening meal	Chicken and potato wedges Peas and beans Stewed apple and custard Water to drink	1, 4, 5 2 2, 3, 5	
Supplements	Folic acid and vitamin D		

This menu has:

Food group 1 - four servings: Weetabix™, wholemeal toast, bread, potato wedges

Food group 2 - six servings: banana, clementines, carrot and celery sticks, tinned peaches, peas and beans, stewed apple

Food group 3 - three servings: milk on cereal and in tea, yogurt, custard

Food group 4 - two servings: baked beans, chicken

Food group 5 - two servings: butter, oil on potato wedges

Sugary food - one serving: jam

Caffeine content: 175mg