

A healthy lifestyle during pregnancy

Menu 4: Convenience menu

Meal/snack	Food and drinks	Food groups	Caffeine content (mg)
Breakfast	Bagel with cream cheese	1, 3	75
	Bunch of grapes	2	
	Mug of tea with milk		
Mid-morning	Decaffeinated latte	3	10
	Currant bun	1	
Midday meal	Hummus and roasted vegetable wrap	1, 4, 2	
	Fruit yogurt with blueberries	2, 3	
	Water to drink		
Afternoon snack	Small packet of peanuts	4	
	2 satsumas	2	
	Fizzy water to drink		
Evening meal	Lasagne and green salad	1, 2, 3, 4, 5	
	Strawberries and small slice chocolate and walnut cake	2 Sugary food	
Supplements	Folic acid and vitamin D		

This menu has:

Food group 1 - four servings: bagel, currant bun, tortilla in wrap, pasta in lasagne

Food group 2 - six servings: grapes, roasted vegetables, blueberries, satsumas, green salad, strawberries

Food group 3 - four servings: cream cheese, milk in latte and in tea, plain yogurt, cheese in lasagne

Food group 4 - three servings: hummus, peanuts, meat in lasagne

Food group 5 - two servings: oil on roasted vegetables and in lasagne

Sugary food - one serving: chocolate and walnut cake

Caffeine content: 85mg