



Sample Pregnancy Diet

The nutrients you need the most during the first trimester of your pregnancy is folate (a.k.a folic acid), eat foods rich in folate. Although you still have to take a folic acid supplement even though you eat lots of folate foods so you can get the required amount of folate. Foods rich in vitamin B6 may help with morning sickness, so does chewing on ginger or taking ginger tea.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Yam with garden egg sauce. • A glass of home-made orange juice. 	<ul style="list-style-type: none"> • Yoghurt drink • Orange 	<ul style="list-style-type: none"> • Fried Rice & Chicken / Beef • Banana • A glass of home-made orange juice. 	<ul style="list-style-type: none"> • Ground-nut or cashew nut with 1 apple 	<ul style="list-style-type: none"> • Boiled Plantain and fish stew
Tuesday	<ul style="list-style-type: none"> • 2 boiled eggs, wheat bread and tea • 1 banana 	<ul style="list-style-type: none"> • 1 apple • Ground-nuts 	<ul style="list-style-type: none"> • Potato and fish stew • Any fruit in season 	<ul style="list-style-type: none"> • Pawpaw slices 	<ul style="list-style-type: none"> • Spaghetti and Stew. (Add green beans, carrot and green pepper). Beef
Wednesday	<ul style="list-style-type: none"> • Oatmeal with milk and sliced banana • A glass of pineapple juice 	<ul style="list-style-type: none"> • 2 medium Carrots 	<ul style="list-style-type: none"> • Moimoi, chicken and coleslaw • Apple 	<ul style="list-style-type: none"> • 1 -2 oranges 	<ul style="list-style-type: none"> • White rice, vegetable and beef/chicken stew
Thursday	<ul style="list-style-type: none"> • Boiled yam and stewed egg with tea 	<ul style="list-style-type: none"> • Pot of low-fat yoghurt 	<ul style="list-style-type: none"> • Wheat with vegetable stew • Banana 	<ul style="list-style-type: none"> • Pineapple slices 	<ul style="list-style-type: none"> • Boiled semi-ripe plantain with vegetable stew
Friday	<ul style="list-style-type: none"> • Wheat bread spread with peanut butter • Yoghurt drink 	<ul style="list-style-type: none"> • Rice pot 	<ul style="list-style-type: none"> • Eba with okro soup(the okra should have vegetable) • Slice of watermelon 	<ul style="list-style-type: none"> • Nuts or mango 	<ul style="list-style-type: none"> • Pepper soup and yam
Saturday	<ul style="list-style-type: none"> • Sweet potato porridge cooked with green pepper, carrot and fish • Glass of orange juice 	<ul style="list-style-type: none"> • Pineapple slices 	<ul style="list-style-type: none"> • Jollof rice and salad. • Banana 	<ul style="list-style-type: none"> • 1 apple 	<ul style="list-style-type: none"> • Spaghetti cooked with peas, carrot, green beans and sweet corn, add beef or chicken
Sunday	<ul style="list-style-type: none"> • Fried eggs with wheat bread • Yoghurt drink/tea 	<ul style="list-style-type: none"> • Banana 	<ul style="list-style-type: none"> • Fried rice With chicken/beef 	<ul style="list-style-type: none"> • Fruit salad 	<ul style="list-style-type: none"> • Boiled/roasted potatoes, carrots with chicken