



EXPERIENCE THE HEALTH BENEFITS DRIVEN BY  
*the difference for tomorrow!*

## A good daily menu for during your pregnancy

### Breakfast

- 2 pieces of whole-wheat crispbread with low-fat margarine or margarine from a tub, 1 with 30+ cheese and 1 with jam
- Cup of tea (125 ml) without sugar
- Glass of water

### In between

- 1 whole-wheat sandwich with low-fat margarine or margarine from a tub and cottage cheese with slices of radish
- Cup of tea (125 ml) without sugar
- Glass of water

### Lunch

- 4 whole meal sandwiches spread with low-fat margarine or margarine from a tub, 1 double sandwich with boiled egg and tomato slices, 1 double sandwich with 100% peanut butter and cucumber slices
- Glass of semi-skimmed milk (150 ml)
- Glass of water

### In between

- Bowl of low-fat or semi-skimmed yogurt (150 ml) with pieces of pear
- Cup of coffee (125 ml) without sugar
- Glass of water
- A cup of tea without sugar

### Hot meal

- Cabbage salad with apple and chicken
- Bowl of low-fat or semi-skimmed yogurt (150 ml) with 1 serving of fresh fruit
- Glass of water

### In between

- Cup of tea (125 ml) without sugar
- 4 dried apricots 2 glasses of water with a mint leaf
- Handful of unsalted nuts (25 grams)

Enjoy!

