

Pregnant Vegetarians Daily Menu

Though your nutritional needs increase now that you're pregnant, your **pregnancy vegetarian diet** shouldn't have to change all that much. With some careful planning to ensure your caloric, vitamin, and mineral needs are met, you can still enjoy a rich variety of nutrient-dense delicious foods and help give your baby a nutritious jump-start. Consider the following daily menu for ideas and inspiration.

Breakfast:

1/2 cup oatmeal with maple syrup
1 slice whole wheat toast with fruit spread
1 cup soy milk
1/2 cup calcium and vitamin D fortified orange juice

Snack:

1/2 whole wheat bagel with margarine
Banana

Lunch:

Veggie burger on whole wheat bun with mustard and catsup
1 cup steamed collard greens
Medium apple
1 cup soy milk

Snack:

3/4 cup ready-to-eat cereal with 1/2 cup blueberries
1 cup soy milk

Dinner:

3/4 cup tofu stir-fried with 1 cup vegetables
1 cup brown rice
Medium orange

Snack:

Whole grain crackers with 2 Tbsp peanut butter
4 ounces apple juice

If morning sickness is giving you fits during your pregnancy, try eating low fat, high carbohydrate nutrient-dense foods. These are digested more quickly and stay in the stomach for less time giving less time for queasiness. Remember to eat often. Sometimes nausea is really hunger in disguise. Be sure to drink juice, water, or soy milk if you can't eat solid food. Keep trying to eat whatever you can. If you're unable to eat or drink the appropriate amounts of foods or fluids for 24 hours or more, get in touch with your healthcare provider.

About the Author

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