

# Dear Families,

As you embark on this exciting journey of pregnancy, nutrition plays a crucial role in ensuring the health of both mother and baby. Below are some meal planning strategies to help you maintain a balanced diet.

## Meal Planning Tips

- **Incorporate a Variety of Foods:** Include fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.
- **Meal Prep:** Dedicate a day each week to prepare meals in advance to save time during busy days.
- **Healthy Snacking:** Keep healthy snacks like nuts, yogurt, and cut fruits readily available to curb cravings.
- **Hydration:** Stay hydrated by drinking plenty of water throughout the day.

## Sample Meal Plan

### Breakfast

Oatmeal topped with fresh berries and a spoonful of almond butter.

### Lunch

Grilled chicken salad with mixed greens, cherry tomatoes, and a vinaigrette dressing.

### Dinner

Quinoa stir-fry with vegetables and tofu, seasoned with low-sodium soy sauce.

### Snacks

Hummus with carrot sticks or whole grain crackers.

By following these strategies, you can make healthy eating part of your routine as you prepare for your new arrival. Wishing you a healthy and joyous pregnancy!

Sincerely,  
Your Nutrition Team