

MEAL	FOOD EXCHANGES (PG 47)	MON	TUE	WED	THU	FRI	SAT	SUN
DINNER	1 starch	½ cup cooked couscous	1 medium sweet potato	½ cup cooked pasta	3 baby potatoes	½ cup cooked brown rice	1 medium baked potato	1 medium sweet potato
	3 protein	180g grilled trout	180g grilled yellowtail	90g cooked extra-lean beef mince	270g grilled hake	1 large chicken breast (135g)	90g cooked (120g raw) beef steak	1 large chicken breast (135g)
	1 fat	1t olive oil (for cooking)	1t olive oil (for cooking)	1t olive oil (for cooking)	1t olive oil (for cooking)	1t olive oil (for cooking)	1t olive oil (for cooking)	1t olive oil (for cooking)
	Free veg (unlimited)	Assorted roast veg (baby marrow, baby corn, red peppers)	Steamed broccoli and cauliflower	French salad (tomatoes, cucumber, lettuce)	Steamed sugar-snap peas, baby corn, baby marrow	Assorted roast veg (baby marrow, baby corn, red peppers)	Stir fried veg (cabbage, spinach, baby corn, green peppers)	French salad (tomatoes, cucumber, lettuce)



THIRD TRIMESTER:

It's the final stretch and with it comes a host of other complaints such as swollen ankles, heartburn (if you didn't have it already), insomnia and loss of appetite (due to the baby pushing up on your stomach, leaving less room for food). Focus on small, regular meals and be sure to drink at least two litres of water per day to combat water retention and aid swollen ankles. This trimester you should be having an extra 2 000 kilojoules per day.

MEAL	FOOD EXCHANGES (PG 47)	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	2 starches	1 cup cooked oat bran	1 cup bran flakes	1 slice health bread	1 cup low-GI muesli	1 slice rye bread	1 cup cooked oats	1 whole-wheat English muffin
	1 milk/ 1 protein	1 cup fat-free milk	1 cup fat-free milk	1 poached egg (make sure yolk is cooked through)	175ml fat-free yoghurt	1 hardboiled egg	175ml fat-free yoghurt	1 poached egg (make sure yolk is cooked through)
	1 fruit	1 pear	1 banana	1 orange	1 cup berries	½ cup fruit salad	1 cup berries	½ cup fruit salad
MID MORNING	1 fruit	1 apple	2 naartjies	2 guavas	1 banana	1 apple	1 banana	BERRY SMOOTHIE Blend together: 1 cup frozen berries ½ cup fat-free milk ½ tub fat-free yoghurt
	1 milk	175ml fat-free yoghurt	175ml fat-free yoghurt	175ml fat-free yoghurt	175ml fat-free drinking yoghurt	175ml fat-free yoghurt	175ml fat-free yoghurt	