

## Eating for Two: What 300 Calories Looks Like!

Healthy pregnant women only need 300 extra calories per day. Choosing just one of these snacks each day in addition to your regular, balanced diet will meet your extra calorie needs! See back for recipes, serving sizes, and nutrition facts.





Fruit and Cheese Kabobs: 2 oz. low-fat cheese (cheddar, mozzarella, etc.) - cubed, 1/2 cup strawberries—sliced, 25 grapes. Alternate fruit and cheese on stick. Serve chilled with 1/2 container (3 oz.) fat free yogurt of your choice for dipping. Total Calories: 305



Whole Wheat Crackers with Sliced Cheese: 2 oz. low fat cheese - thinly sliced, 1 serving whole wheat crackers (about 4) of your choice. Top crackers with cheese and serve. Total Calories: 298



Apple Slices and Peanut Butter: 1 apple—cored and sliced, 2 tablespoons peanut butter. Dip apple slices in peanut butter, or spread peanut butter on each slice of apple. Total Calories: 304



Strawberry Banana Smoothie: 1 banana, 1 cup frozen strawberries, 3/4 cup plain or vanilla yogurt, 1/4 cup milk. Blend ingredients, serve immediately or store in refrigerator. Total Calories: 297



Beans and Rice: 2 cups brown rice—prepared, 1 can low sodium black beans—rinsed & drained. Combine ingredients and microwave. Divide among 4 containers. Season with salt and pepper to taste. Serve with 8 oz. glass skim milk. Total Calories: 325 per serving (total 4 servings).



Hard Boiled Eggs and Wheat Toast: 2 slices whole wheat bread—toasted 1 egg—hard boiled. Slice egg horizontally and place slices of egg on top of toast. Sprinkle with salt, pepper, and herbs of your choosing (basil or dill work nicely). Serve with 8 oz. Orange Juice (prepared from frozen). Total Calories: 319



Cereal with milk and banana: 1 1/4 cup whole grain cereal (such as Rice Krispies or Cheerios), 1/2 cup low fat or skim milk, 1 banana, 2 tsp sugar. Pour milk over cereal, slice bananas and sprinkle sugar over cereal. Total Calories: 318



Oatmeal with berries: 1/2 cup instant oatmeal + 1/4 cup milk for cooking, 1 cup mixed berries, 2 tsp sugar. Prepare oatmeal with water as directed on package. Stir in sugar; place berries on top of oatmeal. Alternative: combine all ingredients and microwave together; serve warm. Serve with 8 oz. Apple Juice (prepared from frozen). Total Calories: 331



Hummus, Whole Grain Tortilla, and Pea Pods: 1/2 cup hummus\*, 1 whole grain tortilla, 1/2 cup pea pods. Total Calories: 307 \*Make your own hummus: 1 15 oz. can chickpeas (rinsed and drained), 1/4 cup olive oil, 1 tsp cumin, 1 clove of garlic, 1 tsp salt, 1/2 tsp pepper. Combine ingredients in food processor, serve. Store in airtight container up to 3 days.



V8 and mozzarella stick: 8 oz. glass V8 juice, 3 oz. mozzarella cheese—cut into stick(s) or cubes per your preferences. Serve chilled juice with mozzarella for a refreshing tangy snack. Total Calories: 292.



“Healthier PB &J”: 1 whole wheat tortilla\*, 2 tbsp. peanut butter, 1 tbsp. jelly (your choice of flavor). Spread peanut butter on 1/2 of the tortilla; spread jelly on other half. Roll tortilla and serve, \* If you don't have (or don't like) whole grain tortillas, you can flatten a piece of whole wheat bread and substitute this for the tortilla (calories basically equivalent). Total Calories: 330.



Homemade Sweet Potato Chips: 2 med sweet potatoes—peeled, 1 tablespoon vegetable oil, 1/2 tsp sea salt, pepper to taste. Cut sweet potatoes into thin slices. Toss slices in bowl with oil, salt, and pepper. Place in single layer on 2 baking sheets and bake at 400 degrees for 10-15 minutes (until edges are crisp but centers still soft). Cool 5 minutes and transfer to parchment paper. Chips will crisp as they cool completely. Serve with 1 tsp. low fat ranch dressing. Total Calories: 271