1-Day Afforable Sample Menu

To Support Uterine Health

Breakfast

Peanut butter oatmeal made with fortified milk, chia seeds, blueberries, and cinnamon

Lunch

Sardines with steamed cabbage, carrots, bell peppers, and a small side of rice and peas

Snack

Fresh orange wedges with roasted pumpkin or sunflower seeds

Dinner

Stewed black-eyed peas, collard greens, baked chicken, and roasted sweet potato

Key Nutrient Sources: Cruciferous vegetables (cabbage, broccoli), omega-3 fatty acids (sardines, chia seeds), vitamin E (sunflower seeds, peanut butter), vitamin C (oranges, bell peppers, collard greens), zinc (pumpkin seeds, beans, chicken), and fiber (oats, peas, beans, fruits, and vegetables).

The Haitian Nutritionist LLC