

Appendix 1. Menu options for dietary intervention study. Subjects were permitted to choose between the two options for each meal.

Option #1

Food	Packaging/ Brand	Amount
Breakfast:		
Oatmeal	Cardboard	1 ounce
Blackberries (Seasonal substitute: Bananas)	Organic	1 each
Yogurt	# 5 container	1 cup
Lunch:		
Beans	Organic/plastic bag	¾ cup (2 oz)
Rice	Organic/plastic bag	2 oz
Salsa	Fresh Wegmans in container	½ cup
Corn (Seasonal substitute: Sweet Potatoes)	Organic	½ cup
Strawberries (Seasonal substitute: Pears)	Organic	.5 cup
Milk	Glass jar	1 cup
Dinner:		
Beef	Organic (fresh cut) or plastic (avoid cryovac)	2.5 oz (3.25)
Red peppers	Organic	.5 cup
Broccoli	Organic	.5 cup
Bread	Organic WG	2 oz
Butter	Wax paper	2 tsp
Kiwi	Organic	.5 cup
Milk	Glass jar	1 cup
Peanut oil	Glass jar	2 tbs
Snack #1:		
Apple	Organic	.5 cup
Nuts	Cardboard	¼ oz
Snack #2		
Carrots	Organic	1 cup
Popcorn (Organic crackers sub)	Cardboard	1 oz

Option #2

Food	Packaging/ Brand	Amount
Breakfast:		
Yogurt	#5 container	1 cup
Raspberries	Organic	.5 cup
Bread	Organic WG	1 oz
Butter	Wax paper	1 tsp

Lunch:		
Chicken	Fresh cut organic preferred	2.5 (3.25oz)
Pasta	cardboard	2 oz
Tomatoes	Fresh organic	1 cup
Orange	Organic	.5 cup
Milk	Glass jar	1 cup
Olive oil	Glass container	2 tbs
Dinner:		
Chicken	Fresh cut organic preferred	2.5 (3.25 oz)
Carrots	Organic	.5 cup
Red potatoes	Organic	.5 cup
Bread	Organic WG	2 oz
Butter	Wax paper	2 tsp
Grapes	Organic	.5 cup
Milk	Glass jar	1 cup
Snack #1:		
Banana	Organic	.5 cup
Nuts	Cardboard	¼ oz
Snack #2		
Carrots	Organic	1 cup
Popcorn (or organic crackers)	Organic	1 oz

Alternate Lunch or Dinner

Food	Packaging/ Brand	Amount
Chicken	Organic/Fresh cut preferred	2.5 (3.25 oz)
Bread	Organic WG	2 oz
Carrots	Organic	1 cup
Grapes	Organic	.5 cup
Milk	Glass jar	1 cup
Oil	Glass	2 tbs

Additional Snack for 2nd and 3rd trimester

Food	Package/ Brand	Amount
Chicken	Organic/Fresh cut preferred	1 (1.75 oz)
Bread	Organic WG	2 oz
Carrots	Organic	.5 cup
Oil	Glass	2 tbs

- Juice can be substituted for milk if subject is unable to drink milk.
- Food allergies and intolerances of the subjects will be provided to the Bionutrition core before menu is ordered.
- The Bionutrition core will provide food record forms for the study subjects.
- The Bionutrition core will develop an instructional sheet on how to safely re-heat the meals prepared for the study.