

Pregnancy Food Log

According to the USDA Recommended Intake for Pregnancy

Food Category <i>Rec. servings</i> ----- Typical Serving Size	Whole Grains <i>4 - 1 oz servings</i> -----	Any Grain <i>4 - 1 oz servings</i> -----	Veggies <i>3 Large</i> -----	Fruits <i>2 Medium</i> -----
Sunday Date _____	1 c cold cereal 1/2 c hot cereal, cooked grains, pasta 1 slice bread, small muffin, mini bagel, tortilla	1 c cold cereal 1/2 c hot cereal, cooked grains, pasta 1 slice bread, small muffin, mini bagel, tortilla	1 large carrot, potato, tomato, beet 2 c raw greens (will reduce significantly when cooked) 1 c peas, mushrooms	1 medium apple, banana, orange 1 wedge melon 1/2 c dried fruit 1 c fruit juice, fruit salad, blueberries
Monday Date _____				
Tuesday Date _____				
Wednesday Date _____				
Thursday Date _____				
Friday Date _____				
Saturday Date _____				

Food Category <i>Rec. servings</i> ---- Typical Serving Size	Dairy <i>3 servings</i> ---- 1 c milk, yogurt, ice cream 1/2 c evaporated milk, cottage cheese 2 slices or 1/3 c shredded or 3 cubes hard cheese	Protein <i>6.5 oz</i> ---- meat the size of a deck of cards = 3 oz 1 oz servings : 1 egg, 12 almonds, 7 walnuts, 1/8 c seeds, 1/4 c cooked beans or legumes, 1 TBSP nut butter	Healthy Oils <i>7 teaspoons</i> ---- 1 tsp flax, olive 1/2 avocado 1/8 c seeds or nuts	Sweets ---- Use sparingly	Notes <i>Positive foods, obstacles, supports, discomforts</i> ---- Use this section to think about what foods may be best for you and how to include them.
Sunday Date _____					
Monday Date _____					
Tuesday Date _____					
Wednesday Date _____					
Thursday Date _____					
Friday Date _____					
Saturday Date _____					