

Pocket Sized, Daily Pregnancy Healthy Eating Checklist



Milk / Dairy 3-4 Servings per day, 1 Serving = 1 cup milk or yogurt, 1 1/2 oz. cheese

Protein or Meats 5-6 ounces, 1 ounce = 1 oz lean meat, fish, or poultry, 1 egg, 1 Tbsp. peanut butter, 1/2 cup nuts,
1/4 cup cooked dried beans, peas or lentils

Fruits & Vegetables 4 1/2 Servings (2 Fruit & 2 1/2 Veggies), 1 Serving = 1 cup raw leafy vegetables, 1/2 cup other veggies
cooked or raw, 1/2 cup fruit juice, 1 medium fruit

Prenatal	<input type="checkbox"/>	Sodium Count	_____	_____
DHA	<input type="checkbox"/>		_____	_____
_____	<input type="checkbox"/>		_____	_____
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Milk / Dairy (servings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein (ozs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits (servings)	<input type="checkbox"/>	<input type="checkbox"/>		
Vegetables (servings)	<input type="checkbox"/>	<input type="checkbox"/>		
Grains (servings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Fluids (mostly water)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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