

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 ☐ Sodium Count
DHA ☐ _____
_____☐ _____
_____☐ _____
_____☐ _____

Milk / Dairy (servings) ☐ ☐ ☐ ☐

Protein (ozs) ☐ ☐ ☐ ☐ ☐ ☐

Fruits (servings) ☐ ☐

Vegetables (servings) ☐ ☐ ☐

Grains (servings) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Fluids (mostly water) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Prenatal ☐ Sodium Count
DHA ☐ _____
_____☐ _____
_____☐ _____
_____☐ _____

Milk / Dairy (servings) ☐ ☐ ☐ ☐

Protein (ozs) ☐ ☐ ☐ ☐ ☐ ☐

Fruits (servings) ☐ ☐

Vegetables (servings) ☐ ☐ ☐

Grains (servings) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Fluids (mostly water) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Prenatal ☐ Sodium Count
DHA ☐ _____
_____☐ _____
_____☐ _____
_____☐ _____

Milk / Dairy (servings) ☐ ☐ ☐ ☐

Protein (ozs) ☐ ☐ ☐ ☐ ☐ ☐

Fruits (servings) ☐ ☐

Vegetables (servings) ☐ ☐ ☐

Grains (servings) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Fluids (mostly water) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Prenatal ☐ Sodium Count
DHA ☐ _____
_____☐ _____
_____☐ _____
_____☐ _____

Milk / Dairy (servings) ☐ ☐ ☐ ☐

Protein (ozs) ☐ ☐ ☐ ☐ ☐ ☐

Fruits (servings) ☐ ☐

Vegetables (servings) ☐ ☐ ☐

Grains (servings) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Fluids (mostly water) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Prenatal ☐ Sodium Count
DHA ☐ _____
_____☐ _____
_____☐ _____
_____☐ _____

Milk / Dairy (servings) ☐ ☐ ☐ ☐

Protein (ozs) ☐ ☐ ☐ ☐ ☐ ☐

Fruits (servings) ☐ ☐

Vegetables (servings) ☐ ☐ ☐

Grains (servings) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Fluids (mostly water) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Prenatal ☐ Sodium Count
DHA ☐ _____
_____☐ _____
_____☐ _____
_____☐ _____

Milk / Dairy (servings) ☐ ☐ ☐ ☐

Protein (ozs) ☐ ☐ ☐ ☐ ☐ ☐

Fruits (servings) ☐ ☐

Vegetables (servings) ☐ ☐ ☐

Grains (servings) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐

Fluids (mostly water) ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐