


A		B		C		D		E		F		G		H		I		J		K		L	
		Fruits/Vegetables		Meats/Seafood				Dairy				Nuts/Grains/Beans				Snacks/Treats							
		Food	Protein	Food	Protein	Food	Protein	Food	Protein	Food	Protein	Food	Protein	Food	Protein								
		FRUITS	0	Beef, top sirloin (3 oz)	24.72	Milk (1 cup)	8.13	Oatmeal (1 cup)	6.08	Snacks/Treats	0												
(DO NOT COPY & PASTE DROP DOWN BOXES TO JOURNAL ENTRY SECTION - IT WILL CHANGE THE FORMAT OF THE CELLS)																							
Monday		Protein		Tuesday		Protein		Wednesday		Protein		Thursday		Protein		Friday		Protein					
Total		0		0		0		0		0		0		0		0		0					
Lunch																							
		Total		0		0		0		0		0		0		0		0		0			
Dinner																							
		Total		0		0		0		0		0		0		0		0		0			
Snacks																							
		Total		0		0		0		0		0		0		0		0		0			
Total Protein Grams (Goal: 80-100 grams)		0		0		0		0		0		0		0		0		0					
PROTEIN IS JUST ONE PART OF A HEALTHY DIET IN PREGNANCY - BE SURE TO CONSUME ALL OF YOUR FOOD GROUPS AND RECORD THEM BELOW!																							
DAILY		Number of Servings Consumed		Done?		Number of Servings Consumed		Done?		Number of Servings Consumed		Done?		Number of Servings Consumed		Done?		Number of Servings Consumed		Done?			
Milk (4 servings)																							
Eggs (2)																							
Protein/Meat (2 servings)																							
Green Leafy Vegetables (2)																							
Whole Grains (4+)																							
Vitamin C (1+ serving)																							
Fats/Oils (3 Tbsp.)																							
Other Fruits (1+)																							
Salt to taste (enter as "t")																							
Pure Water (8+ cups)																							
WEEKLY		Number of Servings Consumed Today		Done?		Number of Servings Consumed Today		Done?		Number of Servings Consumed Today		Done?		Number of Servings Consumed Today		Done?		Number of Servings Consumed Today		Done?			
Yellow/Orange Fruit or Vegetable (5/week)																							
Liver (Once a week - optional)																							
Whole Baked Potato (3/week)																							
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