

CHAPTER 6: EATING WELL

Food Diary

Several times during your pregnancy, use this chart to record what you eat in a day. Use it as a tool to evaluate how your diet compares to the dietary recommendations and guide you in healthy adjustments you could make. In the top section, write down what you eat and drink. Then, in the lower section, mark what food group those food items represent, and how many servings you ate or drank.

Date: _____ Day of the week: _____

Breakfast, morning snacks, and drinks: _____

Lunch, afternoon snacks, and drinks: _____

Dinner, evening snacks, and drinks: _____

Did you get your recommended number of servings* of each food group?

Grains—9 one-ounce servings

Vegetables—3.5 one-cup servings ½

Fruits—2 one-cup servings

Milk—3 one-cup servings

Meat and Beans—6.5 one-ounce servings ½

Fluids—8 or more one-cup servings

* See the MyPlate Food Groups and Servings chart for a description of serving sizes (*Pregnancy, Childbirth, and the Newborn* page 107). Fill in half a box if you had half a serving.

At the end of the day, compare what you ate with the recommendations:

What should you eat more of? _____

What should you eat less of? _____

What foods were the most nutritious? _____

What foods tasted the best to you? _____

What's one thing you could do better? _____

Now congratulate yourself on every healthy choice you made and think about one small improvement you could make in the future.