# Food and nutrition journal

When you are expecting, a well-balanced diet is important to get all the nutrients your body needs to meet the needs of your growing fetus. Use this chart to help you plan your meals, track what you eat, and make adjustments for a balanced diet.

Week of .....

| **What you ate and drank today**<br>Write down everything from snacks to meals. | **Nutrition check list**<br>Go to VirtuaBaby.org, click on pregnancy and then nutrition to see examples of servings for each food group and information on how many calories you need during pregnancy. |
|---|---|
| MON | ☐ **Grains:** 6 to 9 servings<br>☐ **Fruits and vegetables:** 3 or more servings<br>☐ **Meat, poultry, fish, eggs, beans:** 2 or more servings<br>☐ **Dairy:** 4 or more servings<br>Total Calories:..... ☐ I exercised today |
| TUES | ☐ **Grains:** 6 to 9 servings<br>☐ **Fruits and vegetables:** 3 or more servings<br>☐ **Meat, poultry, fish, eggs, beans:** 2 or more servings<br>☐ **Dairy:** 4 or more servings<br>Total Calories:..... ☐ I exercised today |
| WED | ☐ **Grains:** 6 to 9 servings<br>☐ **Fruits and vegetables:** 3 or more servings<br>☐ **Meat, poultry, fish, eggs, beans:** 2 or more servings<br>☐ **Dairy:** 4 or more servings<br>Total Calories:..... ☐ I exercised today |
| THUR | ☐ **Grains:** 6 to 9 servings<br>☐ **Fruits and vegetables:** 3 or more servings<br>☐ **Meat, poultry, fish, eggs, beans:** 2 or more servings<br>☐ **Dairy:** 4 or more servings<br>Total Calories:..... ☐ I exercised today |
| FRI | ☐ **Grains:** 6 to 9 servings<br>☐ **Fruits and vegetables:** 3 or more servings<br>☐ **Meat, poultry, fish, eggs, beans:** 2 or more servings<br>☐ **Dairy:** 4 or more servings<br>Total Calories:..... ☐ I exercised today |
| SAT | ☐ **Grains:** 6 to 9 servings<br>☐ **Fruits and vegetables:** 3 or more servings<br>☐ **Meat, poultry, fish, eggs, beans:** 2 or more servings<br>☐ **Dairy:** 4 or more servings<br>Total Calories:..... ☐ I exercised today |
| SUN | ☐ **Grains:** 6 to 9 servings<br>☐ **Fruits and vegetables:** 3 or more servings<br>☐ **Meat, poultry, fish, eggs, beans:** 2 or more servings<br>☐ **Dairy:** 4 or more servings<br>Total Calories:..... ☐ I exercised today |