

Food Diary

Keeping a food diary allows you to pay closer attention to the variety, amount, and quality of the foods you eat each day. Use this page and try tracking your diet for a week. For information on nutrients and calories, check the *Nutrition Facts* label or use the “SuperTracker” at choosemyplate.gov.

Week of: _____

SUNDAY

Breakfast: _____
 Snack: _____
 Lunch: _____
 Snack: _____
 Dinner: _____
 Dessert/Other: _____

Fat (g)	Protein (g)	Calories	Food Group
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D

Total:

G Grains **V** Vegetables **F** Fruits **P** Protein Foods **D** Dairy

MONDAY

Breakfast: _____
 Snack: _____
 Lunch: _____
 Snack: _____
 Dinner: _____
 Dessert/Other: _____

			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D

Total:

TUESDAY

Breakfast: _____
 Snack: _____
 Lunch: _____
 Snack: _____
 Dinner: _____
 Dessert/Other: _____

			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D

Total:

WEDNESDAY

Breakfast: _____
 Snack: _____
 Lunch: _____
 Snack: _____
 Dinner: _____
 Dessert/Other: _____

			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D

Total:

THURSDAY

Breakfast: _____
 Snack: _____
 Lunch: _____
 Snack: _____
 Dinner: _____
 Dessert/Other: _____

			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D

Total:

FRIDAY

Breakfast: _____
 Snack: _____
 Lunch: _____
 Snack: _____
 Dinner: _____
 Dessert/Other: _____

			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D

Total:

SATURDAY

Breakfast: _____
 Snack: _____
 Lunch: _____
 Snack: _____
 Dinner: _____
 Dessert/Other: _____

			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D
			G V F P D

Total:

Menu & Grocery Planner

WEEKLY MENU PLANNER

Write in your meal plans for a whole week at a time. This can help you plan your grocery list and usually saves money!

Sunday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Monday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Tuesday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Wednesday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Thursday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Friday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Saturday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages for the week:

Menu & Grocery Planner (continued)

These nutrient-dense foods are great choices to power your pregnancy:

- broccoli
- iron-fortified breakfast cereals and oatmeal
- dried beans/lentils
- nonfat milk and yogurt
- lean meat such as chicken or pork tenderloin
- cheese
- eggs
- leafy greens
- whole-grain bread
- oranges and/or fortified orange juice
- nuts/nut butters
- soy foods
- dry fruit
- salmon
- sweet potatoes

Write in other foods for your grocery list based on your weekly menu planner:

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Budget-Friendly Food Tips:

- Create a grocery list and budget for a week's food at a time (this helps you avoid eating out too much, which is usually more expensive than homemade meals), and use a calculator as you shop
- Clip coupons and look for store specials on more expensive items such as meat and seafood, and use a store discount card
- Buy foods in bulk, especially ones you can store for longer periods
- Buy whole fruits and vegetables in season when the prices are lower
- Try less expensive forms of protein like beans
- Eat out for lunch instead of dinner



TAKE NOTE

FISH WITH HIGH LEVELS OF MERCURY THAT SHOULD BE AVOIDED:

- Large fish, including shark, swordfish, king mackerel, and tilefish

FISH WITH LESS MERCURY THAT YOU CAN EAT IN MODERATION:

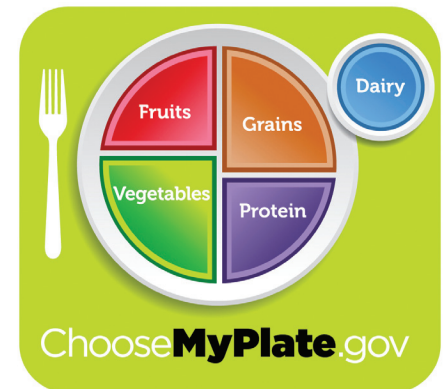
- Albacore white tuna and tuna steaks (eat no more than 6 ounces a week)
- Light canned tuna, shrimp, salmon, Pollock, catfish, sardines, and freshwater trout (eat no more than 12 ounces a week)

AVOID THESE FOODS THAT MAY CONTAIN LISTERIA:

- Milk or cheese that is unpasteurized
- Cold meats like uncooked hot dogs and luncheon deli meats (but they can be eaten safely if cooked to steaming hot)
- Undercooked or raw: eggs (including cookie dough and Hollandaise sauce), meat, poultry, shellfish, and fish (including sushi)

Food Groups

The USDA's My Plate serves as a reminder of what food groups make up a balanced diet and how much of each group to include in your meals. If you go to their website, choosemyplate.gov, you can create a personalized pregnancy eating plan. The chart below provides a guide for how much food to eat from each group each day and some helpful tips.



FOOD GROUP	HOW MUCH TO EAT/DAY	EXAMPLES	TIPS
Grains	6-8* ounces	<ul style="list-style-type: none"> • 1 slice of whole wheat bread • 1/2 cup of cooked rice or pasta • 1 cup of ready-to-eat cereal • 1 small tortilla 	Make at least half of your choices whole grains. People who eat whole grains have reduced risk of some chronic diseases.
Vegetables	2 1/2-3 cups	<ul style="list-style-type: none"> • Raw leafy salad greens • Steamed or cooked lima beans, peas, green beans, or carrots • Vegetable soup • Vegetable juice • Baked potato 	Choose vegetables that are rich with a variety of colors because they provide different nutrients. If you're in a rush, you can steam or microwave frozen veggies.
Fruits	1 1/2-2 cups	<ul style="list-style-type: none"> • A large orange or small apple, peach, or banana counts as 1 cup • 8 large strawberries • 100% fruit juice • Dried, frozen, or canned fruit 	Buy fruit when it is in season because it is fresh, tastes great, and costs less. Pack fresh or dried fruits for snacks.
Dairy	3 cups	<ul style="list-style-type: none"> • 1.5 ounces of natural cheese • Milk • Yogurt 	Choose low or no-fat dairy foods. Yogurt can replace sour cream (which is higher in fat) in many recipes.
Protein	5-6 1/2 ounces	<p>1-OUNCE PROTEIN EXAMPLES:</p> <ul style="list-style-type: none"> • 1 tablespoon of peanut butter • 1/2 cup of cooked dry beans • 1 egg • About 24 almonds <p><i>Note:</i> Three ounces of lean meat, poultry, or fish is the size of your palm or a deck of cards</p>	Vary your protein choices, and eat seafood twice each week. Eat plant proteins (such as beans and nuts) more often than meat.

*Early in your pregnancy, eat the lower end of the range listed in this chart, and eat the higher amount by your third trimester.