

Pocket Pregnancy™ Diet Tracker

My teacher: _____

How to Contact: _____



Name

Dates

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678-749-7799 www.PocketPregnancy.com

Fruits & Veggies	Gram	Nuts, Seeds & Legumes	Gram
Fruit: one piece or serving	1	Almonds (4 oz)	21
Broccoli (1/2 C)	1	Cashews (1/2C)	13
Carrot, 1	0.6	Peanuts (1/3C)	13
Corn (1 ear)	3	Peanut butter (1 Tbs)	4
Green beans (1C)	1	Sunflower seeds (1/4 C)	8
Peas (1C)	5	Walnuts (1/2C)	7
Tomato 1	1	Chickpeas (1C)	14
Lettuce (1/4 head)	1	Kidney Beans, 1 cup	15
Spinach (1C)	3	Lentils (1/2C)	7
Sprouts, bean, 1/2 C	8	Lima Beans (1/2C)	4
Squash, cooked (1C)	2	Navy Beans (1/2C)	8
Sweet potato (med)	2	Soy Milk (1C)	7

Grains/Carbs	Gram	Meats & Dairy	Gram
Bread/Biscuit/Roll (1 slice)	2	Butter (1T)	0.1
Cereal (1 bowl)	2-3	Cheese (1oz)	7
Crackers (4)	1	Cottage Cheese (1/2C)	12
Noodles (1C)	6	Ice Cream (1C)	6
Oatmeal (1C)	5	Milk (1 C)	8
Popcorn (2C)	3	Yogurt (1 C)	7
Potato	2	Beef (4 oz)	30
Rice, Brown (1C)	6	Tofu (1/2 C)	10
Rice Milk (1C)	1	Chicken (4 oz)	25
Soup, vegetable (1C)	6	Egg (1)	6
Soup, chili (1C)	18	Tuna and other fish (4 oz)	28
Wheat germ (1C)	26	Turkey (4 oz)	30

Date

- Diet** Water
 Salt Eggs/Iron
 Good Fats Protein
 Whole Grains Calcium
 Prenatal Vitamin Sunlight or vit D

Fruits and Vegetables:

- Red/Orange Green Leafy Veg.
 Orange/Yellow Blue/Purple Other
 Energy Level 1 2 3 4 5 6 7 8 9 10

Choose foods that are more natural & less processed.
 To lower blood sugar impact, eat less sugar, smaller servings of carbs, and more fiber.

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 Melinda Delisle and Pocket Pregnancy & Parenting, LLC
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Breakfast	_____	_____
	_____	_____
	_____	_____
	_____	_____
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Lunch	_____	_____
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Dinner	_____	_____
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Total Protein		<input style="width: 50px; height: 20px;" type="text"/>

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