Pocket Pregnancy™ Diet Tracker My teacher:
How to Contact:
l am what you eat!
Name
Dates
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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
Com (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
Grains/Carbs Bread/Biscuit/Roll (1 slice)	Gram 2	Meats & Dairy Butter (1T)	Gram 0.1
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Bread/Biscuit/Roll (1 slice)	2	Butter (1T)	0.1
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl)	2 2-3	Butter (1T) Cheese (1oz)	0.1 7
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl) Crackers (4)	2 2-3 1	Butter (1T) Cheese (1oz) Cottage Cheese (1/2C)	0.1 7 12
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl) Crackers (4) Noodles (1C)	2 2-3 1 6	Butter (1T) Cheese (1oz) Cottage Cheese (1/2C) Ice Cream (1C)	0.1 7 12 6
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl) Crackers (4) Noodles (1C) Oatmeal (1C)	2 2-3 1 6 5	Butter (1T) Cheese (1oz) Cottage Cheese (1/2C) Ice Cream (1C) Milk (1 C)	0.1 7 12 6 8
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl) Crackers (4) Noodles (1C) Oatmeal (1C) Popcorn (2C)	2 2-3 1 6 5	Butter (1T) Cheese (1oz) Cottage Cheese (1/2C) Ice Cream (1C) Milk (1 C) Yogurt (1 C)	0.1 7 12 6 8 7
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl) Crackers (4) Noodles (1C) Oatmeal (1C) Popcorn (2C) Potato	2 2-3 1 6 5 3	Butter (1T) Cheese (1oz) Cottage Cheese (1/2C) Ice Cream (1C) Milk (1 C) Yogurt (1 C) Beef (4 oz)	0.1 7 12 6 8 7 30
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl) Crackers (4) Noodles (1C) Oatmeal (1C) Popcorn (2C) Potato Rice, Brown (1C)	2 2-3 1 6 5 3 2 6	Butter (1T) Cheese (1oz) Cottage Cheese (1/2C) Ice Cream (1C) Milk (1 C) Yogurt (1 C) Beef (4 oz) Tofu (1/2 C)	0.1 7 12 6 8 7 30
Bread/Biscuit/Roll (1 slice) Cereal (1 bowl) Crackers (4) Noodles (1C) Oatmeal (1C) Popcorn (2C) Potato Rice, Brown (1C) Rice Milk (1C)	2 2-3 1 6 5 3 2 6	Butter (1T) Cheese (1oz) Cottage Cheese (1/2C) Ice Cream (1C) Milk (1 C) Yogurt (1 C) Beef (4 oz) Tofu (1/2 C) Chicken (4 oz)	0.1 7 12 6 8 7 30 10 25

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<u>Diet</u>	Water ()				ב		
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Fruits and Vegetables:	
Red/Orange ☐ Green Leafy Veg. ☐☐	
Orange/Yellow Blue/Purple Other Other	
Energy Level 1 2 3 4 5 6 7 8 9 10	
Observational attentions were making to the constraint	
Choose foods that are more natural & less processed. To lower blood sugar impact, eat less sugar, smaller servings of	
carbs, and more fiber.	Dinner — — — — — — — — — — — — — — — — — — —
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Pocket Pregnancy™ Diet Tracker © 2014 Melinda Delisle and Pocket Pregnancy & Parenting, LLC	
678-749-7799 www.PocketPregnancy.com	Total Protein
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Fruits and Vegetables:	
Red/Orange ☐ Green Leafy Veg. ☐☐	
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Salt Eggs/Iron	Breakfast
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