

Resource Document

Prenatal Nutrition



Prenatal nutrition can be an overwhelming and confusing topic. We want to help make nutritious eating easier for parents to understand, while creating a compassionate mindset around food choices.

Below, you will find an example of a daily nutritional checklist for pregnancy, along with examples of food choices and serving sizes.

This checklist accommodates different diets. “Omni” is for omnivore, or someone who eats both meat and plant-based foods; “veg” is for vegetarians; and “vegan” is for those who don’t consume any animal products.

If your clients ask you for information about prenatal nutrition, or the topic comes up during a class, you may share this chart with them. They could use it to check off the food groups they cover each day and see what they might consider adding to their daily routines. **Note that this chart is not to be used as a tool for self-judgment.** It’s meant to pique curiosity, and to give cause to celebrate—each time a box is checked, that’s a “+1”; every check mark is a celebration of the growing baby! *Be aware, though, that charts like this, and dietary monitoring in general, can be triggering for some people, particularly those who have struggled with eating*



disorders and/or had harmful nutrition- or weight-related experiences in medical settings.

A partner can offer support by participating in shopping for, preparing, and eating a wide variety of nutritious foods along with the pregnant parent -- this is a great time for them to learn some new recipes to cook for the family!

Daily Food Log

Food Group	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Total:
Milk/Dairy (4)							
Eggs (2)							
Protein (6-8 omni, 8-10 veg, 12-14 vegan)							
Grains (5-6)							
Vitamin C (1-2)							
Leafy Greens (1-2)							
Vitamin A (1-2)							
Healthy Fats (3 omni, 4 veg/vegan)							

Milk/Dairy 1 c. whole milk, yogurt, 1 1/4 oz. hard cheese

Eggs DHA fortified are ideal

Protein 1 oz. meat, poultry, fish (can of tuna = 6 oz, chicken breast 3-4 oz, steak 6-8 oz, 1/4 c. cottage cheese, 1" sq. hard cheese, 1/4 c. almonds/peanuts/sunflower seeds, 2 T. peanut/almond butter, 1/2 c. pinto beans/adzuki beans/lentils, 1 c. quinoa/peas 3/4 avocado, 2 oz. tempeh

Whole Grains 1.5 slices whole grain bread, 1 corn tortilla, 1/3 whole grain bagel, 1 whole grain pancake/waffle, 1/2 c. granola/hot cereal/whole grain noodles/brown rice/millet/bulgur/legumes

Vitamin C Fruits/Vegs 1 orange/kiwi/tomato, 3/4 c. strawberries, 1/3 papaya, 1 c. cantaloupe/steamed cauliflower, 1/2 c. bell pepper/steamed broccoli, 2/3 c. cooked brussel sprouts

Leafy Greens 1 c. kale, broccoli, cooked spinach, dark green/romaine lettuce

Vitamin A 1/4 c. carrot juice/cooked carrots, 1 raw carrot, 1/4 c. cooked spinach/kale, 1 c. sweet potato/red peppers, 1/2 c. winter squash/pumpkin, 3 apricots

Healthy Fats 1 T. butter/olive oil/peanut butter, 1/4 c. avocado, nuts or seeds