

Visit Best Start Birth Center's MIDWIFE APPROVED RECIPES including desserts, featured in our binder in the lobby!

Name: _____

On a typical day, how many servings of:

1. Fruit do you eat?

1 serving is:

- 1 cup or piece of fruit
- 1/2 cup 100% fruit juice
- 1/2 cup dried fruit

Never
 Fewer than 2 servings/day
 2 or more servings/day

1st Tri	2nd Tri	3rd Tri	Post
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GOALS FOR A HEALTHY PREGNANCY

- Aim for 2 or more servings/day.
- Eat a variety of fresh, frozen or canned fruits each day.
- Choose fresh, frozen and canned fruits without added sugars.
- Limit fruit juice

Preferred fruits: _____

2. Vegetables do you eat?

1 serving is:

- 1 cup raw or cooked vegetables
- 2 cups raw leafy greens

Never
 Fewer than 3 servings/day
 3 or more servings/day

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- Aim for 3 or more servings/day.
- Eat a variety of fresh, frozen or canned vegetables without added sauces or salt.
- Choose some vegetables that are dark green & orange.

Preferred vegetables: _____

3. Calcium Foods do you eat?

1 serving is:

- 1 cup milk or yogurt
- 1 1/2 to 2 oz. cheese
- 1 cup calcium fortified soy milk

Never
 Fewer than 3 servings/day
 3 servings/day*
 More than 3 servings/day
 *4 servings/day for teens

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- Aim for 3 servings/day.
- If patient does not use milk products, refer to *STT Do You Have Trouble with Milk Foods?* and *Foods Rich in Calcium.*

Preferred calcium foods: _____

4. Meat and Beans (Protein Foods) do you eat?

1 serving is:

- 1 oz. meat, fish or poultry
- 1 egg
- 1/2 oz. or small handful nuts
- 1 tablespoon peanut butter
- 2 tablespoons seeds, such as sunflower
- 1/4 cup cooked dry beans, peas, lentils
- 1/4 cup or 2 oz. tofu

Never
 Fewer than 6 servings/day
 6 - 7 servings/day
 More than 7 servings/day

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- Aim for 7 servings/day.
- Grill, broil or bake instead of fry.
- If patient is vegan, add a Vit B12 supplement.
- Eat 12 oz. of fish per week. Choose water-packed and low-mercury fish, e.g., canned light tuna
- If patient doesn't eat fish, add a DHA supplement
- If patient is vegetarian, review *STT "Vegetarian Eating."*

Preferred protein foods: _____

5. How many servings of Grains do you eat?

1 serving is:

- 1 slice bread
- 1 cup dry cereal
- 1/2 cup cooked rice, pasta or hot cereal
- 1 small corn or 1/2 small flour tortilla

Never
Fewer than 6 servings/day
6-8 servings/day
More than 8 servings/day

1st Tri	2nd Tri	3rd Tri	Post
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Name: _____

GOALS FOR A HEALTHY PREGNANCY

- Aim for fewer than 6 servings per day.
- Avoid highly sweetened cereals.

6. Do you eat Whole Grains ?

Whole grains include:

- Whole-grain bread, pasta or tortillas
- Brown rice, oatmeal (old fashioned, not instant)

Yes
No

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Choose whole grains whenever possible and avoid simple and processed carbohydrates

Preferred whole grains: _____

7. Do you eat solid fats such as lard, stick margarine, or shortening?

Preferred healthy fats: _____

Yes
No

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Use liquid oils from plants for cooking or grass-fed butter. Avoid trans fats.

8. How many cups of these beverages do you drink per day?

- Regular soda, fruit drinks or punch, sports drinks, juice
- Caffeinated drinks like coffee, tea, soda or energy drinks

cups
cups

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Avoid sugary drinks, including fruit juice.
- Aim for no more than 1 caffeine drink per day

Preferred healthy beverages: _____

9. Do you eat these extra foods ?

- Candy, chocolate, chips, cookies
- Donuts, muffins, biscuits, cakes
- Ice cream, frozen yogurt

Yes
Yes
Yes

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- Limit foods high in carbs & sugar.
- Choose fruits, vegetables, nuts and seeds as snacks.

Preferred healthy snack foods: _____

CLINICIAN NOTES/GOALS:

Recommend mild to mod exercise 30 mins daily: _____

Client BMI: _____ Singleton weight gain recommendation (circle one): _____

<18.5: 28-40 lbs 18.5-24.9: 25-35 lbs 25.0-29.9: 15-25 >30.0: 11-20 lbs

CLINICIAN REVIEWER	Title	Date	Time
1st Tri			
2nd Tri			
3rd Tri			
Post			