

Nutrition Worksheet for Pregnancy

Food Group	Goal (based on 2200 calorie diet)	What counts: (see chart on back)	Breakfast	Lunch	Supper	Snacks	Total
Grains	7 ounce equivalents	1 oz equivalent = 1 slice bread, 1 cup dry cereal, or ½ cup cooked cereal, rice, or pasta.					
Vegetables	3 cups (include dark green, orange, starchy veg's, and dry beans & peas)	1 cup = 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens. Include veg's from each subgroup.					
Fruits	2 cups	1 cup = 1 cup fruit or 100% fruit juice, or ½ cup dried fruit.					
Milk	3-4 cups [1000 mg calcium per day]	1 cup = 1 cup milk or yogurt, 1 ½ oz. Hard cheese (cheddar, mozzarella, Swiss, parmesan), 1/3 cup shredded cheese, 2 oz. American cheese, 2 cups cottage cheese, 1 ½ cups ice cream					
Meat & Beans	6-6 ½ ounce equivalents [60 grams protein per day when pregnant]	1 ounce equivalent = 1 oz. lean meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon peanut butter, or ½ oz. of nuts or seeds					
Water	8-12 cups	Water, fruit juices, milk, tea					

For more information, go to www.mypyramid.gov/mypyramidmoms/index.html

<p>In the meat & beans group, an ounce equivalent is:</p> <ul style="list-style-type: none"> 1 ounce cooked lean beef, pork, ham, fish, or shellfish 1 ounce cooked chicken or turkey, without skin 1 egg ½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) ½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted) 1 Tablespoon of peanut butter or almond butter ¼ cup of cooked dry beans (black, kidney, pinto, or white beans) ¼ cup of cooked dry peas (chickpeas, cowpeas, lentils, or split peas) ¼ cup of baked beans, refried beans ¼ cup (about 2 ounces) of tofu 	<p>What counts as a cup of vegetables?</p> <ul style="list-style-type: none"> 2 cups raw leafy greens or lettuce= 1 cup equivalent 1 cup cooked or raw carrots, pumpkin, squash, broccoli, cauliflower, onions, mushrooms, greens etc. 1 cup cooked dry beans and peas 1 large sweet potato 1 large ear corn 1 cup mashed potatoes or 1 med baked potato 1 large raw whole tomato 1 cup raw celery or 2 large stalks 1 cup raw cucumbers, cabbage, green or red pepper <p>Vegetable sub-groups:</p> <p>Dark Green vegetables: Bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress</p> <p>Orange vegetables: Acorn squash, butternut squash, carrots, hubbard squash, pumpkin, sweetpotatoes</p> <p>Starchy vegetables: corn, green peas, lima beans (green), potatoes</p> <p>Dry beans & peas: black beans, black-eyed peas, chickpeas, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, white beans, soy beans, tofu</p>
<p>What counts as an ounce equivalent of grains?</p> <ul style="list-style-type: none"> 1 regular slice of bread, 1 small slice French bread 4 snack-size slices rye bread ½ “mini” bagel, 1 small biscuit, 1 small piece cornbread 5 whole wheat crackers, 2 rye crispbreads, 7 square or round crackers ½ English muffin 1 pancake (4 ½” diameter) ½ cup cooked oatmeal 3 cups popped popcorn 1 cup flakes or puffed breakfast cereal 	<p>Dark Green vegetables: Bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress</p> <p>Orange vegetables: Acorn squash, butternut squash, carrots, hubbard squash, pumpkin, sweetpotatoes</p> <p>Starchy vegetables: corn, green peas, lima beans (green), potatoes</p> <p>Dry beans & peas: black beans, black-eyed peas, chickpeas, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, white beans, soy beans, tofu</p>
<p>What counts as 1 cup in the milk group?</p> <ul style="list-style-type: none"> 1 cup of any liquid milk (choose fat-free or low-fat most often) 1 regular container (8 oz) yogurt, 1 cup frozen yogurt cheese: 1 ½ oz hard cheese (cheddar, mozzarella, Swiss, parmesan) 1/3 cup shredded cheese 2 oz American cheese (processed cheese) ½ cup ricotta cheese 2 cups cottage cheese 1 cup pudding made with milk 1 ½ cups ice cream 	<p>What counts as a cup of fruit?</p> <ul style="list-style-type: none"> 1 cup of fruit or 100% fruit juice ½ cup of dried fruit ½ large apple (3.25” diameter) 32 seedless grapes 1 medium grapefruit 1 large orange (3 1/16” diameter) 1 medium pear 3 medium plums About 8 large strawberries 1 large banana

Information obtained from www.mypyramid.gov