

Home Birth Midwifery Service ~ Food Journal ~ Keep an accurate list of what you eat and drink.

Check off how many 8 oz glasses of WATER you drink. Check off any supplements.

SUNDAY

H²O
 PNV Fe

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag Total Protein: _____

Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Eggs <input type="checkbox"/> <input type="checkbox"/>
Protein <input type="checkbox"/> <input type="checkbox"/>	Veg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruits <input type="checkbox"/> <input type="checkbox"/>	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fats <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

MONDAY

H²O
 PNV Fe

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag Total Protein: _____

Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Eggs <input type="checkbox"/> <input type="checkbox"/>
Protein <input type="checkbox"/> <input type="checkbox"/>	Veg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruits <input type="checkbox"/> <input type="checkbox"/>	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fats <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

TUESDAY

H²O
 PNV Fe

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag Total Protein: _____

Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Eggs <input type="checkbox"/> <input type="checkbox"/>
Protein <input type="checkbox"/> <input type="checkbox"/>	Veg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruits <input type="checkbox"/> <input type="checkbox"/>	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fats <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

WEDNESDAY

H²O □□□□
□□□□

PNV □ Fe □

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag □ Total Protein: _____

Dairy	□□□□	Eggs	□□
Protein	□□	Veg	□□□
Fruits	□□	Grains	□□□□
Fats	□□□		

REMEMBER FISH !

THURSDAY

H²O □□□□
□□□□

PNV □ Fe □

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag □ Total Protein: _____

Dairy	□□□□	Eggs	□□
Protein	□□	Veg	□□□
Fruits	□□	Grains	□□□□
Fats	□□□		

REMEMBER BAKED POTATO !

FRIDAY

H²O □□□□
□□□□

PNV □ Fe □

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag □ Total Protein: _____

Dairy	□□□□	Eggs	□□
Protein	□□	Veg	□□□
Fruits	□□	Grains	□□□□
Fats	□□□		

REMEMBER COLORS OF THE RAINBOW !

SATURDAY

H²O

PNV Fe

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag Total Protein: _____

Dairy
Protein
Fruits
Fats

Eggs
Veg
Grains

SUNDAY

H²O

PNV Fe

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag Total Protein: _____

Dairy
Protein
Fruits
Fats

Eggs
Veg
Grains

MONDAY

H²O

PNV Fe

PROTEIN

Snack _____

Brkfst _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Cal/Mag Total Protein: _____

Dairy
Protein
Fruits
Fats

Eggs
Veg
Grains

Remember to eat **Fish** at least once/week & **Baked Potato** twice/week & Include **Fruits & Veggies** in various colors of the **Rainbow** !

HBMS ~ PROTEIN COUNTER

DAIRY PRODUCTS

Milk, 1 C	8gm
Cheddar/Swiss, 1 oz	7gm
Processed Cheese 1oz	6gm
Cottage Cheese, ½ C	12gm
Ice Cream, 1 C	6gm
Yogurt, 1 C	7gm
Butter, 1 tbsp	0.1gm
Sour Cream 1oz	2.25gm
Cream Cheese, 1oz	2 gm

MEATS

Bologna, 1 oz	3.8gm
Beef, 3oz	20gm
Chicken, 3oz	25gm
Egg, 1	6gm
Hot Dog, 1	7gm
Turkey, 3oz	27gm
Pork, 3oz	21gm
Liver, 3 ½ oz	26gm
Sausage Links, 4oz	11gm

FISH

Crabmeat, 4oz	14gm
Clams, steamed 4oz	12 gm
Haddock, 3oz	16gm
Salmon, 3oz	17gm
Shrimp 4oz	20gm

Halibut, 3 ½ oz	26gm
Tuna, canned 4oz	28gm
Scallops, baked 4oz	17 gm
Lobster, steamed 4oz	19gm

CARBOHYDRATES

Potato, medium	2gm
Rice, 1C. (Brown)	6gm
Corn, 1C.	5gm
Noodles, 1C.	6gm
Sweet Potato, medium	2gm
Bread, 1 slice	2gm
Crackers, 4 saltines	1gm
Doritos, 9/16 oz	1gm
Fritos, 1 oz.	2gm
Potato Chips, 16	0.8gm
Tortillas, 1	1.2gm

CEREALS

Cheerios, 1 ¼ C	3.8gm
Granola, ¼ C	4gm
Shredded Wheat, 2/3 C	3gm
Wheat Germ, 1 Tbsp	2gm

NUTS

Almonds 4oz	21gm
Cashews 4oz	19gm
Pecans 4oz	10gm

Peanut Butter, 1 tbsp	4gm
Peanuts, ¼ C	9gm
Sesame seeds 2 oz	5gm
Sunflower seeds 2 oz	13gm
Walnuts, ¼ C	6gm

BEANS

Pinto Beans, ½ C	7gm
Navy Beans, ½ C	7gm
Kidney Beans, ½ C	7gm
Tofu 4oz	9gm
Soymilk powder 1oz	12gm

FRUIT & JUICE

Apple, 1 med.	0.3gm
Avocado, 1	4gm
Cantaloupe, ¼	1gm
Cranberry juice, 1C	trace
Grape Juice, 4 oz.	0.3gm
Grapefruit Juice, 1C	1gm
Grapes, 1C	1gm
Lemon, 1 medium	2.5gm
Nectarine, 1 medium	1gm
Orange, 1 medium	1.6gm
Orange Juice, 1/2 C	1gm
Peach, 1 medium	0.6gm
Pineapple Juice, 1C	1gm
Pumpkin (raw) 1C	2.5gm

Raisins, ½ C	2gm
Rhubarb (cooked), 1C	1gm
Strawberries, 1C	1gm

VEGETABLES

Asparagus, 6 spears	2gm
Broccoli, 1C	5gm
Cabbage, ½ C cooked	1.2gm
Carrot, 1	0.6gm
Cauliflower, cooked 1C	3gm
Celery, 1 large stalk	0.3gm
Cucumber, 1/8 lb.	0.2gm
Egg Plant, cooked 1C	2gm
Green Beans, ½ C	0.8gm
Kale, cooked 1C	5gm
Lettuce, ½ C	0.3gm
Tomato, 1	1gm
Spinach, ¼ C	1gm
Squash, cooked 1C	2gm
Vegetable Juice, 4 oz	1gm

SOUPS

Vegetable Soup, 1 C	3gm
Beef Broth, 1 C	5gm
Chicken Noodle, 1 C	3.4gm
Chili & Beans, 1 C	18gm