

A Healthy Pregnancy

Daily Pregnancy Diet Checklist

Use this checklist to make sure that you and your baby are getting the right number of servings of each food group every day.

Nourish yourself and your baby!

Fruits & Vegetables

7 Servings/Day

- Leafy Green
- Vitamin C
- Dark Yellow (3-4 times per week)



- 1. 5.
- 2. 6.
- 3. 7.
- 4.



Protein Foods

2-3 Servings/Day

- 1.
- 2.
- 3.



Grains & Cereals

6-9 Servings/Day

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.



Dairy Products

3-4 Servings/Day

- 1.
- 2.
- 3.
- 4.



Water

6-8 Glasses/Day

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

