



EAT WELL FOR YOUR BABY A CHECKLIST FOR A HEALTHY PREGNANCY DIET

<p><u>SUNDAY</u></p> <p>Protein □□□□□□□□</p> <p>Vegetables & Fruits □□□□□□□□</p> <p>Grains □□□□□□□□</p> <p>Dairy □□□□</p> <p>Water □□□□□□□□</p>	<p><u>MONDAY</u></p> <p>Protein □□□□□□□□</p> <p>Vegetables & Fruits □□□□□□□□</p> <p>Grains □□□□□□□□</p> <p>Dairy □□□□</p> <p>Water □□□□□□□□</p>	<p><u>TUESDAY</u></p> <p>Protein □□□□□□□□</p> <p>Vegetables & Fruits □□□□□□□□</p> <p>Grains □□□□□□□□</p> <p>Dairy □□□□</p> <p>Water □□□□□□□□</p>	<p><u>WEDNESDAY</u></p> <p>Protein □□□□□□□□</p> <p>Vegetables & Fruits □□□□□□□□</p> <p>Grains □□□□□□□□</p> <p>Dairy □□□□</p> <p>Water □□□□□□□□</p>
<p><u>THURSDAY</u></p> <p>Protein □□□□□□□□</p> <p>Vegetables & Fruits □□□□□□□□</p> <p>Grains □□□□□□□□</p> <p>Dairy □□□□</p> <p>Water □□□□□□□□</p>	<p><u>FRIDAY</u></p> <p>Protein □□□□□□□□</p> <p>Vegetables & Fruits □□□□□□□□</p> <p>Grains □□□□□□□□</p> <p>Dairy □□□□</p> <p>Water □□□□□□□□</p>	<p><u>SATURDAY</u></p> <p>Protein □□□□□□□□</p> <p>Vegetables & Fruits □□□□□□□□</p> <p>Grains □□□□□□□□</p> <p>Dairy □□□□</p> <p>Water □□□□□□□□</p>	<p>DON'T FORGET YOUR VITAMINS AND SUPPLEMENTS!</p> <p>Prenatal Multivitamin</p> <p>Calcium/Magnesium</p>