

Please use this food log to record *all* your nutrition (not only protein) for the week and calculate your grams of protein. This will help you to be aware of what you are eating. We will go over it together, and it will become a guide for your nutrition during your pregnancy.

After you have complete the food log, please bring it to your next visit.

Please note: If you feel you are not eating the way you usually do because of nausea, food aversions or lack of appetite, please wait until you feel you can accomplish this task, thank you.

FOOD ITEM

PROTEIN (g)

**T H U R S D A Y**

BREAKFAST		
LUNCH		
DINNER		

DAILY TOTAL

**F R I D A Y**

BREAKFAST		
LUNCH		
DINNER		

DAILY TOTAL

**S A T U R D A Y**

BREAKFAST		
LUNCH		
DINNER		

DAILY TOTAL

**S U N D A Y**

BREAKFAST		
LUNCH		
DINNER		

DAILY TOTAL   
WEEKLY TOTAL

**M O N D A Y**

BREAKFAST		
LUNCH		
DINNER		

DAILY TOTAL

**T U E S D A Y**

BREAKFAST		
LUNCH		
DINNER		

DAILY TOTAL

**W E D N E S D A Y**

BREAKFAST		
LUNCH		
DINNER		

DAILY TOTAL

**FOOD OR BEVERAGE**

**COMMON MEASURE**

**PROTEIN(g)**

If you don't find some of the foods you eat on our list, the USDA Nutrient Database (<http://www.nal.usda.gov/fnic/foodcomp/search/>) lists the protein content of more than 1,000 foods.

Apples, raw, with skin	1 apple	0.4
Asparagus, cooked, drained	4 spears	1.4
Bagels, egg	3-1/2" bagel	7.5
Bananas, raw	1 banana	1.3
Beans, black, cooked, without salt	1 cup	15.2
Beans, green, canned, drained	1 cup	1.6
Beef, ground, 85% lean meat, cooked	3 oz	22.0
Beef, top sirloin, trimmed, cooked	3 oz.	23.0
Beets, cooked, drained	1 cup	2.9
Biscuits, plain or buttermilk, refrigerated dough, baked	2-1/4" biscuit	1.6
Blackberries, raw	1 cup	2.0
Blueberries, raw	1 cup	1.1
Bologna, beef and pork	2 slices	8.6
Bread, banana	1 slice	2.6
Bread, Italian	1 slice	1.8
Bread, wheat	1 slice	2.7
Bread, whole-wheat, commercially prepared, toasted	1 slice	4.1
Broccoli, raw	1 cup	2.5
Brussels sprouts, cooked	1 cup	4.0
Candies, milk chocolate	1 bar	3.4
Carrots, raw	1 carrot	0.7
Cauliflower, raw	1 floweret	0.3
Celery, raw	1 stalk	0.3
Cereals ready-to-eat, rice, puffed, fortified	1 cup	0.9
Cereals ready-to-eat, wheat, puffed, fortified	1 cup	1.8
Cereals, oats, instant, fortified, plain, prepared with water	1 packet	4.2
Cheese, cottage	1 cup	23.4
Cheese, cream, fat free	1 tbs	2.5
Cheese, mozzarella, whole milk	1 oz	6.3
Cheese, Swiss	1 oz	7.6
Chicken pot pie, frozen entree, prepared	1 small pie	13.2
Chicken breast, cooked	3 oz	24.3
Coffee, brewed from grounds	6 fl oz	0.2
Coleslaw	1 cup	1.6
Cookies, chocolate chip, commercially prepared	1 cookie	0.6
Cookies, peanut butter, commercially prepared	1 cookie	1.4
Corn, sweet, white, cooked	1 ear	2.6
Corn, sweet, yellow, cooked	1 ear	2.6
Crackers, saltines (includes oyster, soda, soup)	4 crackers	1.1
Crackers, whole-wheat	4 crackers	1.4
Cranberry juice cocktail	8 fl oz	0.0
Crustacean, crab, Alaska king, cooked	3 oz	16.5
Crustacean, lobster, cooked	3 oz	17.4
Crustacean, shrimp, cooked, breaded and fried	3 oz	18.2
Cucumber, peeled, raw	1 large	1.7
Danish pastry, cheese	1 danish	5.7
Egg, whole, hard-boiled	1 large	6.3
English muffins, plain, toasted	1 muffin	5.4
Fast food pizza chain, pepperoni	1 slice	13.1
Fast food burrito, with beans and meat	1 burrito	11.2
Fast food submarine sandwich, with cold cuts	1 sandwich, 6" roll	21.8
Fish, halibut, cooked	1/2 fillet	42.4
Fish, salmon, cooked	3 oz	23.2
Fish, tuna, canned in water	3 oz	21.7
Frankfurter, beef	1 frank	5.1
Frozen yogurts, chocolate	1/2 cup	2.9
Fruit cocktail, canned	1 cup	1.1
Grape juice cocktail, frozen concentrate	1 cup	0.5
Grapefruit, raw	1/2 grapefruit	1.0

\* Source: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA national Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>

## FOOD OR BEVERAGE

## COMMON MEASURE

## PROTEIN(g)

Grapes, red or green, seedless	10 grapes	0.4
Ham, sliced, extra lean	2 slices	10.7
Honey	1 tbsp	0.1
Ice cream, chocolate	1/2 cup	2.5
Lamb, loin, lean, cooked	3 oz	25.5
Lemonade, frozen concentrate	8 fl oz	0.2
Lima beans, large, cooked	1 cup	14.7
Macaroni and Cheese	1 cup	8.5
Melon, cantaloupe, raw	1 cup	1.3
Milk, reduced fat (2%)	1 cup	8.1
Muffins, blueberry, commercially prepared	1 muffin	3.0
Mushrooms, shiitake, cooked	1 cup	2.3
Nuts, almonds	1 oz (24 nuts)	6.0
Nuts, pecans	1 oz (20 halves)	2.6
Orange juice, from concentrate	1 cup	2.0
Pancakes, dry mix, prepared	1 pancake	2.0
Pasta with meatballs in tomato sauce	1 cup	10.9
Peaches, raw	1 peach	0.9
Peanut butter	1 tbsp	4.0
Peas, green	1 cup	7.6
Peppers, green, raw	1 pepper	1.0
Peppers, red, raw	1 pepper	1.2
Pickles, cucumber, dill or kosher dill	1 pickle	0.4
Pie, apple, commercially prepared	1 piece	2.2
Pizza, cheese topping, regular crust, frozen, cooked	1 serving	6.5
Pork and beef sausage, cooked	2 links	3.6
Pork chops	3 oz	21.8
Potato salad, home-prepared	1 cup	6.7
Potatoes, baked	1 potato	3.1
Potatoes, scalloped	1 cup	5.2
Raisins, seedless	1 cup	4.5
Rice, brown, long-grain, cooked	1 cup	5.0
Rice, white, long-grain, cooked	1 cup	5.1
Rolls, dinner, plain, commercially prepared	1 roll	3.0
Salad dressing, Italian, commercial, regular	1 tbsp	0.1
Sausage, Vienna, canned, chicken, beef, pork	1 sausage	1.7
Snack, potato chips, plain	1 oz	1.3
Snacks, granola bars, chocolate chip	1 bar	1.6
Snacks, popcorn, air-popped	1 cup	1.0
Snacks, pretzels, plain, salted	10 pretzels	6.2
Snacks, trail mix, with chocolate chips, nuts and seeds	1 cup	20.7
Soup, chicken noodle, canned, prepared	1 cup	3.1
Soup, vegetable beef, canned, prepared	1 cup	5.4
Spinach, raw	1 leaf	0.3
Strawberries, raw	1 cup	1.1
Sweet potato, cooked, baked in skin	1 potato	2.9
Tea, brewed	6 fl oz	0.0
Tofu, soft, prepared	1 piece	7.9
Tomatoes, red, ripe, raw	1 cup	1.6
Tortillas, ready-to-bake, flour	1 tortilla	2.7
Turkey and gravy, frozen	5-oz package	8.4
Turkey, dark meat, cooked	3 oz	24.0
Turkey, light meat, cooked	3 oz	25.1
Waffles, plain, frozen, ready-to-heat, toasted	1 waffle	2.4
Water, tap	8 fl oz	0.0
Watermelon, raw	1 wedge	1.7
Wild rice, cooked	1 cup	6.5
Yogurt, fruit, low fat	8-oz container	9.9
Yogurt, plain, skim milk	8-oz container	13.0