

PRENATAL DIET

Use your MyPlate chart and colored pencils to highlight and tally foods from each food group using the following key:

- Orange = Grains
- Green = Vegetables
- Red = Fruits
- Blue = Dairy
- Purple = Protein
- Yellow = Fats, Oils & Empty Calorie Foods
- Black = Water Based Fluids

Breakfast	2 cups oatmeal 8 ounces orange juice Coffee
Snack	8 ounces tomato or vegetable juice
Lunch	Whole wheat sandwich with 3 ounces chicken, lettuce, tomato, 2 tsp. mayonnaise 1 cup carrot and celery sticks Fresh apple 12 oz. soda
Snack	Small bag of potato chips 12 oz. iced tea
Dinner	3-4 ounces roast beef 1 cup mashed potatoes 1 cup tossed salad with 2 tbsp. Ranch dressing Dinner roll with 2 tsp. butter 8 ounces fat-free or 1% milk
Snack	3 graham cracker sheets 2 Tablespoons peanut butter Chocolate candy bar 8 ounces fat-free or 1% milk

Count the amounts of each food group you have and compare it to the required amount.

- Do you have enough?—If not add the correct food(s) to make it right.
- Do you have too much?—If so erase or take out a food or foods to make it right.

Explain the adjustments you made: