

today is:

nutrition SCORECARD

Check the boxes to track your serving goals throughout the day. Remember, you need **300** extra calories during pregnancy and **500** while nursing. Learn more about our services at hendricks.org/baby.



meats, protein

aim for **2** servings



dairy, cheese

aim for **3** servings



fruits, veggies

aim for **5** servings



breads, cereal, grains

Aim for **6-8**



TIPS

- Think nutritious foods first.
- Try small, frequent meals.
- Protein is key for baby.
- Food safety is important.
- Remember to MOVE!

Watch portion sizes

Meat: size of a deck of cards

Dairy: 8 oz. glass

Cheese: size of 4 dice

Fruits & veggies:

1/2 c. cooked, 1 c. raw

Cereal: 1/2 c.

today is:

nutrition SCORECARD

Check the boxes to track your serving goals throughout the day. Remember, you need **300** extra calories during pregnancy and **500** while nursing. Learn more about our services at hendricks.org/baby.



meats, protein

aim for **2** servings



dairy, cheese

aim for **3** servings



fruits, veggies

aim for **5** servings



breads, cereal, grains

Aim for **6-8**



TIPS

- Think nutritious foods first.
- Try small, frequent meals.
- Protein is key for baby.
- Food safety is important.
- Remember to MOVE!

Watch portion sizes

Meat: size of a deck of cards

Dairy: 8 oz. glass

Cheese: size of 4 dice

Fruits & veggies:

1/2 c. cooked, 1 c. raw

Cereal: 1/2 c.