

today is:

nutrition SCORECARD

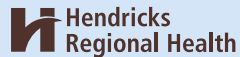
Check the boxes to track your serving goals throughout the day. Remember, you need **300** extra calories during pregnancy and **500** while nursing. Learn more about our services at hendricks.org/baby.

 **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**



© HENDRICKS.ORG

today is:

nutrition SCORECARD

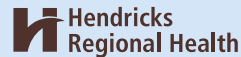
Check the boxes to track your serving goals throughout the day. Remember, you need **300** extra calories during pregnancy and **500** while nursing. Learn more about our services at hendricks.org/baby.

 **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**



© HENDRICKS.ORG

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**



© HENDRICKS.ORG

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**



© HENDRICKS.ORG

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**



© HENDRICKS.ORG

today is:

nutrition SCORECARD

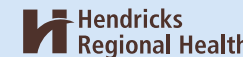
Check the boxes to track your serving goals throughout the day. Remember, you need **300** extra calories during pregnancy and **500** while nursing. Learn more about our services at hendricks.org/baby.

 **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**



© HENDRICKS.ORG