

PROTEIN COUNTER

(amounts in Grams)

Dairy Products

Milk, 1C	8
Cheddar/Swiss, 1oz	7
Cottage Cheese, ½ C	12
Yogurt, 1C	7
Butter, 1Tbsp	0.1
Parmesan Ch 1oz	10
Vanilla Shake, 10oz	10
EggNog 1C	12
Ice Cream, 1C	6

Meats

Alligator 3oz	45.6
Bean Burrito (2)	14
Beef Burrito (2)	27
Beef, 3oz	20
Bologna, 1oz	3.8
Cheeseburger, 3.5oz	17.8
Chicken Salad, 2oz	4.9
Chicken, 3oz	25
Wte Chicken, 2pc	35.7
Dk Chicken, 2pc	30.1
Egg, 1	6
Hot Dog, 1	7
Lamb 3oz	23
Liver, 3.5oz	26
Pork, 3oz	21
Sub w/ColdCuts 8oz	21.8
Turkey, 3oz	27
Venison-dried 3.5oz	31.4

Fish

Atlantic Perch, 3oz	20
Crab, 3oz steamed	16.5
Flounder, 3oz	20.5
Haddock, 3oz	16
Halibut, 3.5oz	26
Lobster, 3oz	17.4
Oysters, 6med	6
Salmon, 3oz	17
Shrimp, 3oz	18
Snapper 3oz	22.4

Other Proteins

Cheese pizza, 1sl	7.7
Garden Salad w/ turkey,	
Ham & cheese, 1.5C	26
Tofu, Firm ¼ Block	12.8
Tofu, Reg, ¼ Block	9.4

Grains/Cereals

Rice, 1C Brown	6
Rice, 1C White	2.4
Noodles, 1C	6
White Bread, 1slice	2.2
Whole Wheat, 1slice	2.6
Crackers, 4 saltines	1
French Fries 20-25	3
Tortillas, 1	1.2
Bagel, 1 (about 2oz)	6
Cornbread	3.3
English Muffin	5.1
Croissant	5
Bran Muffin 1med	3.1
Cheerios, 1 ¼ C	3.8
Granola, ¼ C	4
Shredded Wheat 2/3 C	3
Wheat Germ, 1Tbsp	2
Grits, ½ C Cooked	1.7
Quinoa, ½ C	5
Semolina Pasta 1C	4
Kamut/Spelt Pasta 1C	10
Oatmeal ¼ C	4.6
Pretzels 2lg (1oz)	3.1

Beans

Black Beans, ½ C	7.6
Chick Ps/Hummus ½ C	5.9
Green Peas, ½ C	6.1
Kidney Beans, ½ C	7
Lima Beans, ½ C	7.3
Navy Beans, ½ C	7
Pinto Beans, ½ C	7

Vegetables

Asparagus, ½ C	2.3
Broccoli, ½ C	2.3
Cabbage, ½C Cooked	1.2
Carrot, 1	0.6
Cauliflower, 2oz	1.1
Celery, 1lg Stalk	0.3
Corn, 1C	5
Cucumber, 2oz	0.2
Green Beans, ½ C	0.8
Lettuce, ½ C	0.3
Potato, Med	2
Spinach, ¼ C	1
Sweet Potato, med	2
Tomato, 1	1
Yams, ½ C	1
Yellow Squash, ½ C	0.8

Soups

Beef Broth, 1C	5
Cheese, 1C	5.4
Chicken Noodle, 1C	3.4
Chili&Beans, 1C	18
New Eng Clam Ch, 1C	4.8
Tomato, 1C	2.5
Vegetable, 1C	3

Fruit & Juice

Apple, 1med	0.3
Banana, 1 (ab 4oz)	1.2
Cantaloupe, ¼	1
Dried Apricots 1C	5
Dried Dates 1C	4
Grape Juice, 4oz	0.3
Grapes 1C	0.6
Orange Juice, 4oz	1
Orange, 1med	1.6
Peach, 1 med	0.6
Pear, 1	0.7
Prune Juice, 8oz	1.6
Raisins, ½ C	2.5
Strawberries, 1C	1
Vegetable Juice, 4oz	1

Nuts

Peanut Butter, 1Tbsp	4
Peanuts, ¼ C	9
Pinenuts, ¼ C	8g
Soy Nuts, Roast. 1/3C	12
Sunflower Seeds, 1oz	6.5
Walnuts, ¼ C	6

Sugar Foods

Colas	0
White Sugar	0
Carmels	trace
Honey	.1

Salt Sources

Kelp Powder	
Sea Salt	
Soy Sauce	

Junk Foods

Fritos, 1oz	2
Potato Chips, 16 pcs	0.8
Popcorn, 1C popped	0.8

Eat Well for Your Baby!

The Bradley Method®

A key to natural birth is staying low-risk and healthy. In general, keeping yourself low-risk increases your birth options and lets you keep control of your choices. Good nutrition is vital for staying low-risk and healthy during your pregnancy, for you **and** your baby. Eating well can help you avoid excessive swelling, pre-eclampsia, premature birth and other serious complications. A healthy pregnancy diet also reduces the discomforts of pregnancy, increases your energy and stamina, and helps you to ensure the best possible start in life for your baby.

One of the best techniques for helping you follow a healthy pregnancy diet is to chart your food intake. Use the food diary provided on the back of this sheet to help you keep track of your nutrition every day.

Guidelines

Protein: Eat 100 grams of complete proteins every day. A diet high in protein during pregnancy can help you avoid pre-eclampsia and MTLP, a small-for-gestational-age (SGA) baby, and/or other complications. When choosing foods, pick those foods higher in protein.— switch to whole wheat or kamut pastas, add boiled eggs or dehydrated egg powder to other foods. Consider drinking a glass of milk before bed time to help you 'make up' a low-protein day, and aid your sleep.

Water: Drink at least 64 OZ of water each day. This is in addition to milk, juice, etc. Avoid sodas and caffeinated beverages, which contain only empty calories and do not provide hydration as well as water or juice. Adequate water intake can help you avoid swelling, and helps the body flush out waste more effectively.

Salt: Salt your food to taste. Adequate salt intake can help you maintain a healthy blood volume, reduce swelling and is necessary for blood production and many other body processes.

Strive to include fresh foods instead of canned, whole grains instead of bleached, and darker greens over lighter ones.

Every day of the week, you and your baby should have:

1. One Quart (4 8oz glasses) or more of milk. Any kind will do: Whole, Low-Fat, Skim, Buttermilk. Or cheese, yogurt cottage cheese, etc
2. Two eggs (hard boiled, in French toast, or added to other foods)
3. One or two servings of fish or seafood, liver, chicken, lean beef, lamb or pork, beans or any kind of cheese
4. One or two good servings of fresh green leafy Dark Green vegetables: mustard, collard, turnip greens, spinach, lettuce or cabbage
5. Two or three slices of whole wheat bread, cornmeal, cornbread or tortillas
6. A piece of citrus fruit or glass or juice (Lemon, lime, orange, tomato or grapefruit)
7. Three pats of butter or other fats, such as olive oil
8. Other fruits and vegetables

Also include in your diet:

1. A serving of whole grain cereal, such as oatmeal or granola
2. A yellow or orange-colored fruit or vegetable five times a week
3. Liver once a week (if you like it)
4. Whole baked potato three times a week
5. Plenty of fluids (water, juice, etc – avoid colas, & caffeinated beverages)
6. Salt your food. Adequate salt intake is necessary for a healthy increase in blood volume

You may substitute proteins if you wish, being sure your proteins are complete and you get approximately 100 grams per day. If you substitute, also be sure all the elements necessary for a well-balanced diet are available every day. **For TWINS (or more) add 30 additional grams of protein per baby daily.**

Resource information: 'Nutrition during Pregnancy and Lactation' from California Department of Health. [Husband-Coached Childbirth](#) by Dr. Robert Bradley, MD. [Nourishing your Unborn Child](#) by Phyllis Williams. [What Every Pregnant Woman Should Know](#) by Gail Brewer. [Introductory Nutrition](#) by Helen Guthrie. [Composition of Foods](#), US Dept. of Agriculture. See also, the film "Nutrition in Pregnancy" with Tom Brewer, MD and Dr. Brewer's website for his new ebook: www.blueribbonbaby.org



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For the protection of the public, the terms "The Bradley Method" and "Husband-Coached Childbirth" have been registered. Only those teachers currently affiliated with the Academy may teach The Bradley Method®.

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1-800-4 A-BIRTH www.bradleybirth.com

Keep Track of What You Eat Every Day!

Name: _____

Wk of _____
/ _____

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

	Food	PC												
Snack														
Breakf.														
Snack														
Lunch														
Snack														
Dinner														
Snack														

Total Protein _____

Dairy Prod.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Eggs	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Protein	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Green Veg	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Veggies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vit C Source	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fats	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H2O-64oz min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Also each week include:		Yellow or Orange Colored Fruit or Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Liver <input type="checkbox"/>		Whole Baked Potato <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	