

Nutritional Profile for

Eating well is probably the most important thing you can do to insure your health and the well being of your baby during pregnancy, labor, birth and the postpartum period. Consequently, it is extremely important that I know what you are eating. I use this information about your diet as a place to start.

First, please describe the type of dietary practices you follow. Do you eat meat? Chicken? Fish? If not, what are your sources of protein? Do you eat three meals a day? Whole grains? Fruits and Veggies? Do you have a sweet tooth? What are your favorite foods?

Then, on the back of this paper, please write down everything that passes your lips for three days. Seriously. Food, beverages, supplements...everything! Be specific. It's a very good exercise in awareness for you, and it should give me enough information to determine whether you are getting what you need to nourish a pregnant body and a growing baby. Thanks, and have fun!