



Women's Pregnancy & Lactation Nutrition Checklist

- Healthy habits established
 - Fiber (25-35 grams/day)
 - Fruits & Veggies (5-8 servings/day)
 - Beneficial Fats - Monounsaturated, Omega-3s (used in place of Detrimental fats)
 - Detrimental Fats - Saturated & Trans-fats (minimized)
 - Calcium: Pregnancy (4 servings/day or with supplements totaling 1200 mg/day);
Lactation (5 servings/day or with supplements totaling 1500 mg/day)
 - Vitamins / Minerals (Prenatal vitamin taken daily)
 - Fluids (64 oz. + of non-caffeinated, non-alcoholic fluid per day)

- Healthy Pattern of eating
 - Appropriate Calorie level
 - Includes Breakfast
 - Refined carbs/Sugar/Sweets Controlled (focus on whole grains and whole foods)
 - Meal plan created, if needed
 - Feels in control of food choices and eating habits
 - Content with food options and variety

- Lifestyle Habits (smoking, adequate sleep, etc.)
 - Exercise (at least 30 minutes light cardiovascular exercise 4-5x/week)
 - Adequate Sleep (8+ hours sound sleep per night)
 - Alcohol avoidance
 - Smoking Cessation, if needed
 - Stress Relief (as needed)

- Weight Goals Achieved
- Health Goals Achieved