

Nutritional Profile

Nutritional Profile:

Fill out the following form to gain a picture of your own eating habits; show it to your birth attendant for further nutritional counseling.

Nutritional Analysis	Almost Every day	3-4 Times	Once or twice a week	Almost Never
I usually eat:				
Breakfast				
Canned vegetables				
Frozen vegetables				
Fresh vegetables				
Leafy green				
Yellow or Orange				
Fresh fruit				
Cheese				
Eggs				
Red meat				
Liver				
Fish				
Chicken				
Cooked soybeans				
Tofu				
Nuts, peanut butter, tahini, etc				
Other sources of protein				
Whole grains, whole wheat noodles				
corn tortillas				
White rice, spaghetti, noodle				
Items with refined sugar (cookies, candy, cakes)				
Carbonated beverages				
In a typical day, I eat:				
Pieces of white bread				
Pieces of whole wheat bread				
Glasses of milk				
Orange, orange juice, cantaloupe, tomato, sprouts (circle)				
Cups of coffee, black tea, herbal				
Other				