

## HOW TO USE YOUR PREGNANCY NUTRITIONAL JOURNAL



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An **essential** part of a positive birth experience is eating a balanced diet (getting all your food groups), including 80-100 grams of protein per day. To help you keep track of your nutritional goals, The Bradley Method® has developed a Pregnancy Nutritional Journal. Using your Pregnancy Nutritional Journal will help you to know which areas you are doing well in, and which ones need extra attention.

### **Entering your food items and protein amounts:**

Enter what food items you eat into the appropriate mealtime/day of the week. (Note: You can make this as simple or as specific as you'd like. For example, for a Peanut Butter and Jelly Sandwich, you can type in "PB&J" or "Peanut Butter & Jelly" into a single cell, or you may enter each ingredient separately: "1 Tbsp. Peanut Butter", "1 Tbsp Strawberry Jelly", and "2 slices whole wheat bread into three separate cells. It's really up to you.) Once you have typed in the food description, enter how many grams of protein that food contained into the cell to it's right.

### **Looking up a protein count:**

Of course, you should always use the information from a food's nutrition label to determine its protein count. However, if that information is not available to you, you may use the "Protein Look-Up Tool" to get a general idea of how many grams of protein are in a particular food. There are over 300 food items listed directly on your journal page. You may look these items up by clicking on the drop down menu for that item's food group. Once you've selected a food item, its average protein count will appear in the cell to it's right. **DO NOT COPY AND PASTE THE FOOD ITEM DIRECTLY INTO THE JOURNAL PORTION OF THE WORKSHEET - IT WILL CHANGE THE FORMAT OF THE CELL!**

**What if my food isn't listed?** The 300 food items listed are simply some of the more common foods that have been selected from a list of over 1100 food items given by the USDA. You may view the entire list by clicking on the tab "Complete Protein Listing." There you will find less common food items, as well as protein counts for some brand name foods and fast foods.

**IMPORTANT NOTE:** All protein information listed is taken from the USDA (United States Department of Agriculture) and are simply meant to be a *generalization*. Using a food nutrition label will always be more accurate. You can download and view or print the complete list directly from the USDA's website by going to: <http://www.nal.usda.gov/fnic/foodcomp/Data/SR15/wtrank/sr15a203.pdf>

### **Custom/Favorite Foods:**

If you have a favorite dish that you like to eat that isn't listed in the drop down menus, you may add it to you own Custom Food List. This is great for homemade recipes or foods at a favorite restaurant. To add a custom food item, simply scroll to the right side of your journal (next to Sunday's information), and enter in your food item where it says "Custom Food 1". Make sure to enter it's protein count in the cell to the right. Your food item will automatically appear in the drop down box titled "My Custom Foods." You may enter up to 30 items, and you may change them as often as you wish.

### **Adding up your protein:**

Your Pregnancy Journal will add up your protein for you. You will see each meals total at the bottom of that mealtime section, as well as a grand total at the bottom. Once you have reached the recommended 80-100 grams of protein per day, the grand total box will turn green to let you know you have met your nutritional requirement for the day.

### **Meeting other nutritional requirements:**

Underneath the section where you enter your food items and count your protein, there is a space for you to account for your other nutritional goals as set by The Bradley Method®. There are 9 daily requirements and 4 weekly requirements. Each day, enter the number of servings you consumed for that particular requirement. For example, if you consumed 5 servings of milk, you would enter a 5 into the appropriate cell for that day. When you have met a nutritional goal, a "YES!" will appear in the cell to it's right. For suggestions on how to meet a requirement, simply hover your mouse over the requirement name and a box will appear, giving you some examples. For the weekly goals, continue entering the amount you consume on a day-by-day basis. Your Pregnancy Journal will add them up for you and a "YES!" will appear in the cells for the remainder of that week, letting you know you have met your nutritional goal for the week.

**Note regarding Milk and Egg requirements:** After meeting the maximum requirement, you may count additional servings towards the Protein/Meat requirement.

**If you have specific dietary concerns, such as vegetarianism or allergies to things like dairy or eggs, talk to your Bradley instructor about ways you can substitute.**

### **Printing your Pregnancy Journal for class:**

MAKE SURE TO PRINT YOUR JOURNAL EACH WEEK AND BRING IT TO CLASS WITH YOU! For most printers, your journal will print full size on TWO pages. This is normal. Due to the large amount of information, scaling it to just one page will cause to print to be too small to read.