

A WELL BALANCED PREGNANCY DIET CONSISTS OF:

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

1. One quart (4 glasses) or more of milk. Any kind will do: whole milk, low fat, skim, buttermilk, or cheese, yogurt, ice cream, 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 vegetables: mustard, collard, turnip greens, spinach, lettuce, or cabbage.
5. Two or three slices of whole wheat bread, commmeal, cornbread, or tortillas.
6. A piece of citrus fruit or glass of juice of lemon, lime, orange, tomato, or grapefruit.
7. Three pats of butter.
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.
6. Salt food to taste for a safe increase in blood volume.

You may substitute proteins if you wish, being sure your proteins are complete, and that 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.

PROTEIN COUNTER

Dairy Products	Corn, 1 C.	5gm	Orange, 1 med.	1.6gm
Milk, 1 C.	Noodles, 1 C.	6gm	Peach, 1 med.	0.6gm
Cheddar/Swiss, 1 oz.	Sweet Potato, medium	2gm	Cantaloupe, 1/4	1gm
Processed Cheese, 1 oz.	Bread, 1 slice	2gm	Vegetable Juice, 4 oz.	1gm
Cottage Cheese, 1/2 C.	Crackers, 4 saltines	1gm	Grape Juice, 4 oz.	0.3gm
Ice Cream, 1 C.	Doritos, 9/16 oz.	1gm	Orange Juice, 1/2 C.	1gm
Yogurt, 1 C.	Fritos, 1 oz.	2gm	Vegetables	
Butter, 1 tsp.	Potato Chips, 16 pcs.	0.8gm	Carrot, 1	0.6gm
Meats	Tortillas, 1	1.2gm	Celery, 1 lg. stalk	0.3gm
Bologna, 1 oz.	Cereals		Lettuce, 1/2 C.	0.3gm
Beef, 3oz.	Cheerios, 1 1/4 C.	3.8gm	Cucumber, 1/8 lb.	0.2gm
Chicken, 3oz.	Granola, 1/4 C.	4gm	Tomato, 1	1gm
Egg, 1	Shredded Wheat, 2/3 C.	3gm	Spinach, 1/4 C.	1gm
Hot Dog, 1	Wheat Germ, 1 Tbsp.	2gm	Cabbage, 1/2 C. cook	1.2gm
Turkey, 3oz.	Nuts		Green Beans, 1/2 C.	0.8gm
Pork, 3oz.	Peanut Butter, 1 tbsp.	4gm	Soups	
Liver, 3 1/2oz.	Peanuts, 1/4 C.	9gm	Vegetable Soup, 1 C.	3gm
Fish	Walnuts, 1/4 C.	6gm	Beef Broth, 1 C.	5gm
Haddock, 3oz.	Beans		Chicken Noodle, 1 C.	3.4gm
Salmon, 3oz.	Pinto Beans, 1/2 C.	7gm	Chili & Beans, 1 C.	18gm
Halibut, 3 1/2oz.	Navy Beans, 1/2 C.	7gm	Sugar foods	
Carbohydrates	Kidney Beans, 1/2 C.	7gm	Colas,	0gm
Potato, medium	Fruit & Juice		White Sugar,	0gm
Rice, 1 C. (Brown)	Apple, 1 med.	0.3gm	Caramels,	trace

Resource information for this worksheet: Nutrition during Pregnancy and Lactation from California Department of Health, Husband-Coached childbirth by Robert Bradley, M.D. Nourishing Your Unborn Child by Phyllis Williams. What every Pregnant Woman Should Know by Gail Brewer. Introductory Nutrition by Helen Guthrie, Composition of Foods United States Department of Agriculture.

see the film NUTRITION IN PREGNANCY with Tom Brewer, M.D.

EAT WELL FOR YOUR BABY!

The Bradley Method®

wants you and your baby to have the best, safest and most rewarding birth experience possible. For that reason we endorse and teach the following ideals in classes:

1. Natural Childbirth.
2. Active participation of the husband as coach.
3. Excellent nutrition, the foundation of a healthy pregnancy.
4. Avoidance of drugs during pregnancy, birth, and breastfeeding unless absolutely necessary.
5. Training: 'Early-bird' class followed by weekly classes starting in the 6th month, continuing until birth.
6. Relaxation and NATURAL breathing.
7. "Tuning-in" to your own body.
8. Immediate and continuous contact with your new baby.
9. Breastfeeding, beginning at birth.
10. Consumerism and positive communications.
11. Parents taking responsibility for the safety of the birth place, procedures, attendants, and emergency back-up.
12. Parents prepared for unexpected situations such as emergency childbirth, and cesarean section.

Educated Parents have the responsibility to make these choices themselves, and to hire the personnel who will support their choices. This takes considerable effort and sometimes requires seeking special personnel or traveling great distances to achieve the safest possible birth.

Your local Bradley Method® instructor is a professional person or couple trained to help pregnant couples obtain the birth experience they desire. These instructors have gone through intensive training by the American Academy of Husband-Coached Childbirth® and are required to re-affiliate each year in order to continue teaching The Bradley Method®. This ensures you a professional instructor who meets the high continuing education requirements of the Academy. Ask to see your instructor's current certificate of affiliation.

The American Academy of Husband-Coached Childbirth® was founded by Robert Bradley, M.D. and Jay and Marjie Hathaway, AAHCC for the purpose of making childbirth education information available. The Academy provides communications Services, Resource Information, Film Showings, Lectures, Workshops, and National Affiliation for teachers.

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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KEEP TRACK OF WHAT YOU EAT EVERY DAY!

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD
	Protein Count	Protein Count	Protein Count	Protein Count	Protein Count	Protein Count	Protein Count
SNACK	_____	_____	_____	_____	_____	_____	_____
BREAKFAST	_____	_____	_____	_____	_____	_____	_____
SNACK	_____	_____	_____	_____	_____	_____	_____
LUNCH	_____	_____	_____	_____	_____	_____	_____
SNACK	_____	_____	_____	_____	_____	_____	_____
DINNER	_____	_____	_____	_____	_____	_____	_____
SNACK	_____	_____	_____	_____	_____	_____	_____
PROTEIN	_____	_____	_____	_____	_____	_____	_____
TOTAL	_____	_____	_____	_____	_____	_____	_____

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- EGGS EGGS EGGS EGGS EGGS
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- VIT. C SOURCE VIT. C SOURCE VIT. C SOURCE VIT. C SOURCE VIT. C SOURCE
- FATS FATS FATS FATS FATS
- FRUITS FRUITS FRUITS FRUITS FRUITS
- WATER/Fluids to WATER/Fluids to WATER/Fluids to WATER/Fluids to WATER/Fluids to
- thirst thirst thirst thirst thirst

ALSO EACH WEEK INCLUDE: A YELLOW OR ORANGE-COLORED FRUIT OR VEGETABLE

LIVER

WHOLE BAKED POTATO