

Please tell me what you eat for three days in a row. I would like to know the time and quantity of what you eat. For example: 2pm ½ cup of 2% cottage cheese

This chart will help us to take a look at your eating habits and add to them as necessary to help ensure the best nutrition for you and your baby.

**Day 1**

Time					
Food					
Comments					

**Day 2**

Time					
Food					
Comments					

**Day 3**

Time					
Food					
Comments					