Prenatal Nutrition History

1. How would you describe your eating habits? Good Fair Poor
2. Since conception have you had: Nausea Vomiting Diarrhea Constipation Heartburn Hemorrhoids
3. Before this pregnancy, what was your usual weight? _____ What is your height? _____
4. What is the most and least you have ever weighed as an adult: Most _____ Least _____
5. If you were pregnant before, how much did you gain? _____
6. Are you on a special diet? If yes, describe. _____
7. Do you crave anything (including non-food items)? _____
8. Who does the following in your house?

   Plan meals _____ Buys most of the food _____ Prepares the food _____
9. Which best describes the type and amount of food in your home?

   ___ Enough of the kind wanted ___ Sometimes, not enough

   ___ Enough, but not always the kind wanted ___ Often not enough
10. How many cups (8 oz) of the following liquids do you drink a day?

    ___ Water ___ Sodas with sugar ___ Coffee ___Tea ___ Juice

    ___ Milk ___ Sodas, diet ___ Punch/Kool-aid ___ Other _____
11. How many times a week do you usually eat: ___ Breakfast ___Lunch ___ Dinner ___Snacks
12. Where do you eat most of your meals? ___Home ___ Restaurant

On average, how many servings a day?

Milk and Milk Products (e.g. 2 C milk, 1 slice cheese, 1 yoghourt = 4 servings) (3-4 servings)	1 cup milk ½ oz. cheese ½ cup ice-cream 1 cup yoghourt	
Protein Foods (e.g. tuna sandwich, 1 chicken breast = 2 servings) (2 servings)	2 eggs 2 oz cooked meat, fish, or chicken ½ cup tuna 1 cup cooked beans ¼ cup peanut butter ½ cup nuts or seeds	
Breads and Cereals (e.g. ½ English muffin, ¾ cup cereal, sandwich, 1 cup pasta = 6 servings) (5-12 servings)	1 slice bread ½ cup cooked hot cereal ¾ cup cold cereal ½ cup rice, noodles, pasta ½ biscuit, muffin, roll 1 small pancake, waffle	
Fruits and Vegetables (e.g. ½ cup orange juice, 1 cup salad, 1 medium apple, ¾ cup cooked broccoli, ¾ cup carrots = 5 servings) **Dark Green Vegetables**	1 cup raw ¾ cup cooked	
Vitamin C Fruits And Vegetables	1 cup raw or cooked ½ cup orange or grapefruit juice 1 cup tomato or vegetable juice ½ cup cantaloupe or melon	
Other Fruits & Vegetables	1 cup raw ¾ cup cooked 1 medium fruit or vegetable	