

## **Diabetes in Pregnancy Food Records**

Name:				

Date	te Breakfast 30g		Snack 15g	Lunch 45-60g		Snack 15g	Dinner 45-60g	]	Snack 15-30g	Comments
	Time: 7:30	Activity	Time: 10:00	Time: 12:00	Activity		Time: 6:00	Activity	Time: 9:30	
Example dd/mm	34 c plain greek yogurt (5g), 34 c berries (10g), 1/3 c bran buds (11g)	15 min.	1 apple (15g) ¼ c almonds	2 pc. whole grain bread (30g), hummus (5g), cheese, veggies, 1 vanilla greek yogurt (15g)	15 min.	½ banana (15g), ½ c cottage cheese	1 cup quinoa (40g), salmon, steamed broccoli and carrots	15 min.	1 slice whole grain toast (15g), peanut butter	Sick, poor sleep, stressful day at work, etc.
										Weight:



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Date	Breakfast 30-45g		kfast 30-45g Snack 15g Lunch 45-60g			Snack 15g	Dinner 45-60	)g	Snack15-30g	Comments	
	Time:	Activity	Time:	Time:	Activity	Time:	Time:	Activity	Time:		
										Weight:	