**Prenatal Nutrition Assessment**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_ Due Date: \_\_\_\_\_\_\_\_\_\_\_

Home Visitor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise regularly  No  activities: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # a week: \_\_\_\_\_

Drinks 8 oz a day of: water # \_\_\_\_ milk # \_\_\_\_ juice # \_\_\_\_ soda # \_\_\_\_ other # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family eats together for: breakfast  lunch  supper  times per week # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special diet/restrictions/allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Changes in appetite/cravings: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Takes a vitamin/mineral supplement  No  with iron  No  prescription  No

Trouble chewing or swallowing  No  Needs a dental home  No  Needs dental treatment  No

Food Groups Recommended # # servings eaten a day

Servings a day 0 1-2 2-3 3-4 4-5 5-6

**Milk/dairy**

Cheese, yogurt, cottage cheese 4 (5 for teen)

Custard, pudding, ice cream

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meat/protein**

Beef, poultry, pork, lamb, fish, egg 3

Dried beans, peanut/nuts, soy

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Vegetables/fruit** 4

Spinach/leafy greens, carrots, peas

Avocado, tomato, squash

Corn, potato, sweet potato

Apple, banana, orange, peach

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Breads/cereal** 4

Whole grain breads, cereal, oatmeal

Pasta, rice, pancakes, muffin, rolls

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fats/oils/sugar/salt** 0

Cake, pie, cookies, donuts, pastry

Candy, soda, fried foods

Chips, pretzels, pickles

Nutrition information provided  Referral to physician or dietician  Follow –up plan