

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, or buttermilk.
2. Two eggs.
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, cornmeal, cornbread, or tortillas.
6. A piece of citrus fruit or glass of juice of lemon, lime, orange, 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.	8gm	Peach, 1 med.	0.6gm
Cheddar/Swiss, 1 oz	Sweet Potato, medium	7gm	Cantaloupe, 1/4	1gm
Processed Cheese, 1 oz	Bread, 1 slice	6gm	Vegetable Juice, 4 oz	1gm
Cottage Cheese, 1/2 C.	Crackers, 4 saltines	12gm	Grape Juice, 4 oz	0.2gm
Ice Cream, 1 C.	Doritos, 9/16 oz	6gm	Orange Juice, 1/2 C.	1gm
Egg, 1	Fritos, 1 oz	6gm	Vegetables	0.6gm
Yogurt, 1 C.	Potato Chips, 16 pcs.	7gm	Carrot, 1	0.3gm
Butter, 1 tsp.	Tortillas, 1	0.1gm	Celery, 1 lg. stalk	0.3gm
Meats	Cereals	1.2gm	Lettuce, 1/2 C.	0.3gm
Hologna, 1 oz	Cheerios, 1/4 C.	3.8gm	Cucumber, 1/4 lb.	0.2gm
Beef, 3 oz	Granola, 1/4 C.	4gm	Tomato, 1	1gm
Chicken, 3 oz	Shredded Wheat, 1/2 C.	25gm	Spinach, 1/4 C.	1gm
Hot Dog, 1	Wheat Germ, 1 Tbsp.	7gm	Cabbage, 1/2 C. cook	1.2gm
Turkey, 3 oz	Nuts	27gm	Green Beans, 1/2 C.	0.8gm
Pork, 3 oz	Peanut Butter, 1 tsp.	21gm	Soups	
Liver, 3/2 oz	Peanuts, 1/4 C.	26gm	Vegetable Soup, 1 C.	3gm
Fish	Walnuts, 1/4 C.	6gm	Beef Broth, 1 C.	5gm
Haddock, 3 oz	Beans	16gm	Chicken Noodle, 1 C.	3.4gm
Salmon, 3 oz	Pinto Beans, 1/2 C.	17gm	Chili & Beans, 1 C.	18gm
Halibut, 3 1/2 oz	Navy Beans, 1/2 C.	26gm	Sugar foods	
Carbohydrates	Kidney Beans, 1/2 C.	7gm	Colas,	0gm
Potato, medium	Fruit & Juice	2gm	White Sugar,	0gm
Rice, 1 C. (brown)	Apple, 1 med.	2gm	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 Infants 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' classes 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 Marjorie Hanawa A.A.H.C.C. for the purpose of making childbirth education information available. The Academy provides Communications Services, Resource Information, Film Showings, Lectures, Workshops, and National Affiliations 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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