

# Maternal Health Matters: NUTRITION FOR MOTHER AND CHILD

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## Two-Day Food Log

*This will help give a "snap shot" of your eating habits. Please fill in prior to your first visit. It's a good idea to do one weekend day and one weekday, if possible.*

Day \_\_\_\_\_

Time	Meal or Snack	What did you eat? Was it home cooked or takeout? Did you have a beverage too? Describe portion size as best you can.
	Breakfast	
	Morning Snack	
	Lunch	
	Afternoon Snack	
	Dinner	
	Evening Snack	

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