

# VBa2a's Food Groups and Calories Report 03/09/15 - 03/09/15

Your plan is based on a **2600 Calorie** allowance during your 3rd trimester of pregnancy.

Food Groups	Target	Average Eaten	Status
<b>Grains</b>	<b>9 ounce(s)</b>	<b>16 ounce(s)</b>	<b>Over</b>
Whole Grains	≥ 4½ ounce(s)	2 ounce(s)	Under
Refined Grains	≤ 4½ ounce(s)	14 ounce(s)	Over
<b>Vegetables</b>	<b>3½ cup(s)</b>	<b>3½ cup(s)</b>	<b>OK</b>
Dark Green	2½ cup(s)/week	½ cup(s)	Under
Red & Orange	7 cup(s)/week	½ cup(s)	Under
Beans & Peas	2½ cup(s)/week	0 cup(s)	Under
Starchy	7 cup(s)/week	2 cup(s)	Under
Other	5½ cup(s)/week	¾ cup(s)	Under
<b>Fruits</b>	<b>2 cup(s)</b>	<b>¼ cup(s)</b>	<b>Under</b>
Whole Fruit	No Specific Target	0 cup(s)	No Specific Target
Fruit Juice	No Specific Target	¼ cup(s)	No Specific Target
<b>Dairy</b>	<b>3 cup(s)</b>	<b>3¾ cup(s)</b>	<b>Over</b>
Milk & Yogurt	No Specific Target	1¼ cup(s)	No Specific Target
Cheese	No Specific Target	2¾ cup(s)	No Specific Target
<b>Protein Foods</b>	<b>6½ ounce(s)</b>	<b>1½ ounce(s)</b>	<b>Under</b>
Seafood	10 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	1 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	½ ounce(s)	No Specific Target
<b>Oils</b>	<b>8 teaspoon</b>	<b>3 teaspoon</b>	<b>Under</b>
<b>Limits</b>	<b>Allowance</b>	<b>Average Eaten</b>	<b>Status</b>
<b>Total Calories</b>	<b>2600 Calories</b>	<b>2815 Calories</b>	<b>Over</b>
Empty Calories*	≤ 362 Calories	788 Calories	Over
Solid Fats	*	635 Calories	*
Added Sugars	*	153 Calories	*

\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

**Note:** If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.