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## PROTEIN

Protein is an important nutrient during pregnancy. It is the main building block of all cells. It is recommended that you get 50 grams of protein a day per baby. This approximately equates to 4-5 servings.

<b>Milk Exchanges</b>	<b>Serving Size</b>	<b>Protein Grams</b>
Milk Whole	1 cup	8 gm.
Skim	1 cup	8 gm.
1%	1 cup	8 gm.
2%	1 cup	8 gm.
Soy milk	1 cup	7 gm.
Yogurt	1 cup	8 gm.
Cheese	1 oz.	8 gm.
Ice cream	1/2 cup	2 gm.
<b>Vegetable Exchanges</b>		
Beets	1/2 cup	2 gm.
Carrots	1/2 cup	2 gm.
Onion	1/2 cup	2 gm.
Peas	1/2 cup	2 gm.
Pumpkin/squash	1/2 cup	2 gm.
Rutabaga	1/2 cup	2 gm.
Turnip	1/2 cup	2 gm.
Beans & Peas (kidney, lima, etc.)	1/2 cup	2 gm.
Corn	1/2 cup	2 gm.
<b>Fruit Exchanges</b>	Negligible protein	
<b>Bread Exchanges</b>		
Biscuit, muffin, cornbread	1 slice	2 gm.
Cereal, dry	1/2 cup	2 gm.
Graham cracker	2	2 gm.
Saltine cracker	5	2 gm.
Flour	2 1/2 Tbsp	2 gm.
Macaroni	1/2 cup cooked	2 gm.
Spaghetti/pasta	1/2 cup cooked	2 gm.
Rice	1/3 cup cooked	2 gm.
Popcorn	1 small	2 gm.
Potatoes	1/2 cup mashed	2 gm.
Waffle (4 1/2 inch square)	1	3 gm.
Pancake (4 inches)	2	3 gm.
French fries	16-25 (3 oz)	3 gm.
<b>Meats</b>		
Poultry	1 oz.	7 gm.
Fish	1 oz.	7 gm.
Shellfish	1 oz.	7 gm.
Beef	1 oz.	7 gm.
Pork	1 oz.	7 gm.
Lamb	1 oz.	7 gm.
Veal	1 oz.	7 gm.
Hot dog	1 oz.	7 gm.
Egg whites	2 ea.	7 gm.
Tofu	1/2 cup	7 gm.