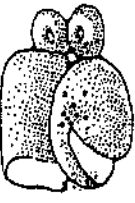


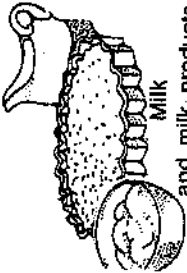




# BIRTH AND BECOMING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							
Breads and Cereals ( 4-5 servings )							
							
Fruits and Vegetables ( 6 servings )							
							
Meat, eggs, fish poultry, beans, nuts ( 3 servings )							
							
Milk and milk products ( if tolerated ) ( 3 servings )							
							
Water ( 4-5 glasses )							
							
Supplements ( specify )							