

Dr. Brewer Pregnancy Diet

Check off each box daily, you have satisfied the Brewer minimum recommendation for 2600 calories, 80-120 grams protein. Check off only one box for each food, even if it fits in several categories.

Foods	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk							
Milk							
Milk							
Milk							
Egg							
Egg							
Protein							
Protein							
Protein							
Protein							
Protein							
Protein							
Protein							
Protein							
Green Vegetable							
Green Vegetable							
Whole Grains							
Whole Grains							
Whole Grains							
Whole Grains							
Whole Grains							
Vitamin C							
Vitamin C							
Fats/Oils							
Fats/Oils							
Fats/Oils							
Fats/Oils							
Fats/Oils							
Vitamin A							
Salt							
Water							
Snacks							
Supplements							
Liver (optional)							

Reprinted and adapted from Right from the Start, by Gail Sforza Brewer and Janice Presser Greene, 1981. For more complete information on the Brewer diet, visit www.drbrewerpregnancydiet.com

Portion Sizes for the Brewer Pregnancy Diet

These lists are just samples, to show mothers what kinds of foods are in each food group, and what kinds of servings and sizes of servings are in each food group. This is not an exclusive list.

Milk and milk products--4 choices

1 cup milk: whole, skim, 1%, buttermilk
1/2 cup canned evaporated milk: whole or skim
1/3 cup powdered milk: whole or skim
1 cup yogurt
1 cup sour cream
1/4 cup cottage cheese: creamed, un-creamed, pot style
1 large slice cheese (1 1/4 oz): cheddar, Swiss, other hard cheese
1 cup ice milk
1 1/2 cup soy milk
1 piece tofu, 3"x3"x 1/2" (4 oz)

Calcium replacements--as needed (2 per soy exchange from group 1)

36 almonds
1/3 cup Bok Choy, cooked
12 Brazil nuts
1 cup broccoli, cooked
1/3 cup collard greens
1/2 cup kale
2 teaspoons blackstrap molasses
4 oz black olives
1 oz sardines

Eggs--2 any style

Protein Combinations--6 to 8 choices**

1 oz lean beef, lamb, pork, liver, or kidney
1 oz chicken or turkey
1 oz fish or shell fish***
1/4 cup canned salmon or tuna
3 sardines
3 1/2 oz tofu
1/4 cup peanuts or peanut butter****
1/8 cup beans + 1/4 cup rice or wheat
(*measured before cooking*)
beans: soy beans, peas, black beans, kidney beans, or garbanzos
rice: preferably brown
wheat: preferably bulgar

1/8 cup brewer's yeast + 1/4 cup rice
1/8 cup sesame or sunflower seeds + 1/2 cup rice
1/4 cup rice + 1/3 cup milk
1/2 oz cheese + 2 slices whole wheat bread *or* 1/3 cup macaroni (dry) *or* noodles *or* 1/8 cup beans
1/8 cup beans + 1/2 cup cornmeal
1/8 cup beans + 1/6 cup seeds (sesame, sunflower)
1/2 large potato + 1/4 cups milk *or* 1/4 oz cheese
1 oz cheese: cheddar, Swiss, other hard cheese
1/4 cup cottage cheese: creamed, un-creamed, pot style

Fresh, dark green vegetables--2 choices

1 cup broccoli
1 cup brussel sprouts
2/3 cup spinach
2/3 cup greens
collard, turnip, beet, mustard, dandelion, kale

1/2 cup lettuce (preferable romaine)
1/2 cup endive
1/2 cup asparagus
1/2 cup sprouts: bean, alfalfa

Whole grains--5 choices

1 waffle or pancake made from whole grain
1 slice bread
whole wheat, rye, bran, other whole grain
1/2 roll, muffin, or bagel made from whole grain
1 corn tortilla

1/2 cup oatmeal or Wheaten
1/2 cup brown rice or bulgar wheat
1 shredded wheat biscuit
1/2 cup bran flakes or granola
1/4 cup wheat germ

Vitamin C foods--2 choices

1/2 grapefruit
2/3 cup grapefruit juice
1 orange
1/2 cup orange juice
1 large tomato
1 cup tomato juice

1/2 cantaloupe
1 lemon or lime
1/2 cup papaya
1/2 cup strawberries
1 large green pepper
1 large potato, any style

Fats and oils--3 choices

1 tablespoon butter or margarine
1 tablespoon mayonnaise
1 tablespoon oil, olive, canola, coconut, vegetable

1/4 avocado
1 tablespoon peanut butter++

Vitamin A foods--1 choice

3 apricots
1/2 cantaloupe
1/2 cup carrots (1 large)

1/2 cup pumpkin
1/2 cup winter squash
1 sweet potato

Liver--at least once a week (optional)

4 oz liver *beef, calf, chicken, pork, turkey, liverwurst*

Salt and other sodium sources--unlimited

table salt, iodized--to taste
kelp powder--to taste

sea salt--to taste
soy sauce--to taste

Water--unlimited

Drink to quench thirst, but do not force fluids

Real juice or milk might make better use of limited stomach space.

Avoid pregnancy teas and juices which include nettle, dandelion, alfalfa, bilberry, or celery (they have diuretic properties).

Snacks and additional menu choices--unlimited

More foods from groups 1-11

Optional supplements--as needed

Vitamin pills, powders, herbs, yeast, oils, molasses, wheat germ, etc.

++Some sources suggest that one possible source of peanut allergies in children may be an excess consumption of peanuts by their mothers during their pregnancy.

***Due to mercury content, do not eat shark, swordfish, king mackerel, or tilefish

--You may eat up to 12 oz a week of a variety of fish and shellfish that are lower in mercury:

shrimp, canned light tuna, salmon, Pollock, catfish

--Albacore ("white") tuna has more mercury than canned light tuna, so you may eat up to 6 oz of albacore tuna per week.

Adapted from Right from the Start, by Gail Brewer and Janice Presser Greene, from The Pregnancy After 30 Workbook, edited by Gail Brewer, and from The Brewer Medical Diet for Normal and High-Risk Pregnancy, by Gail Brewer and Tom Brewer, MD. For more complete information on the Brewer Pregnancy Diet, please visit www.drbrewerpregnancydiet.com