



Brewer Diet Weekly Checklist

If you check off each food every day, you will know that you have satisfied the Brewer minimum recommendation for 2600 calories, 80-120 grams protein, and salt-to-taste. Please check off only one box for each food (i.e. put a check mark in either "Milk" or "Protein" for a glass of milk, but not both)

Remember that this Basic Plan is just the baseline minimum of the Brewer Diet. There are some women with some situations in which this Basic Plan will be completely inadequate. So please evaluate your own unique situation to see whether you may need to add some additional calories or salt or protein to your personal version of the Brewer Diet. The information following this checklist will help you to do that personal evaluation.

And please be aware that as your baby and the placenta grow, and as the seasons change, and as other changes occur in your life, you may find that your unique version of the Brewer Diet, which you used effectively last week, may no longer be adequate this week, or next week, or next month. To get the most benefit out of the Brewer Diet, you will need to stay in tune with what your unique needs are every single day.

www.drbrewerpregnancydiet.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk							
Milk							
Milk							
Milk							
Egg							
Egg							
Protein							
Protein							
Protein							
Protein							
Protein							
Protein							
Protein							
Protein							
Protein							
Green Vegetable							
Green Vegetable							
Whole Grains							
Whole Grains							
Whole Grains							
Whole Grains							
Whole Grains							
Vitamin C Source							
Vitamin C Source							
Fats and Oils							
Fats and Oils							
Vitamin A Source							
Salt							
Water							
Snacks							
Supplements							

You must have, every day, at least: *

1. 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, uncream, 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)

2. 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

3. Eggs--2 any style

4. 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, 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 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, uncream, pot style

5. Fresh, dark green vegetables--2 choices

- 1 cup broccoli
- 1 cup brussels 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

6. 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 Wheatena
- 1/2 cup brown rice or bulgar wheat
- 1 shredded wheat biscuit
- 1/2 cup bran flakes or granola
- 1/4 cup wheat germ

7. 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

8. Fats and oils--3 choices

- 1 tablespoon butter or margarine
- 1 tablespoon mayonaise
- 1 tablespoon vegetable oil
- 1/4 avocado
- 1 tablespoon peanut butter**

9. 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

10. Liver--at least once a week (optional)

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

11. Salt and other sodium sources--unlimited

- table salt, iodized--to taste
- sea salt--to taste
- kelp powder--to taste
- soy sauce--to taste

12. 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).

13. Snacks and additional menu choices--unlimited

- More foods from groups 1-11

14. Optional supplements--as needed

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

"Note: Vitamin supplements are in routine use in prenatal care; they do not take the place of a sound, balanced diet of nutritious foods." (The Pregnancy After 30 Workbook, ed. Gail Brewer, 1978)

Avoid supplements which contain nettle, dandelion, alfalfa, bilberry, or celery (they have diuretic properties).

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.

** Each food you eat may be counted for one group only (in other words, count 1/4 cup cottage cheese as either 1 milk choice or 1 protein combination choice, not both).*

***Different Brewer sources recommend different numbers of servings for this food group. Each 1 oz. serving provides 7 grams of protein.*

What Every Pregnant Woman Should Know(1977)--2 servings (3 oz. each)

The Pregnancy After 30 Workbook(1978)--2 servings

Right from the Start(1981)--8 servings (1 oz. each)

The Brewer Medical Diet for Normal and High Risk Pregnancy(1983)--6 servings (1 oz. each)

The Very Important Pregnancy Program(1988)--6 servings (1 oz. each)

****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.

*****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. If you know of any documentation about this, please let me know.*

