



THE BREWER DIET FOR PREGNANCY  
Daily Food Intake

1 Protein Serving	1 Protein Serving	1 Milk Serving	1 Milk Serving	1 Milk Serving	1 Milk Serving	1 Egg
1 Protein Serving	1 Protein Serving	1 Protein Serving	1 Protein Serving	1 Protein Serving	1 Protein Serving	1 Egg
1 Dark Green Vegetable	1 Dark Green Vegetable	1 Whole Grain, Starchy Vegetable & Fruit Serving	1 Whole Grain, Starchy Vegetable & Fruit Serving	1 Whole Grain, Starchy Vegetable & Fruit Serving	1 Whole Grain, Starchy Vegetable & Fruit Serving	1 Whole Grain, Starchy Vegetable & Fruit Serving
1 Vitamin C Food Serving	1 Vitamin C Food Serving	1 Fat &/or Oil Serving	1 Fat &/or Oil Serving	1 Fat &/or Oil Serving	1 Vitamin A Food Serving	4 oz of Liver Once Weekly (optional)
Salt & Nutritional Sodium is Unlimited	Water is Unlimited	Healthy Snacks & Additional Menu Choice Unlimited	Optional Supplements as Needed	Calcium Sources for Vegetarian & Lactose Intolerant		Designed by Gail Karlovsky, revised by Lorrie Leigh IBCE & Deb Lawrence IBCE ©2014 Informed Beginnings

Protein Sources	Each protein serving provides about 7 grams of protein. Check nutrition labels to determine portion based on that.	Milk Sources	<ul style="list-style-type: none"> <li>¼ cup cottage cheese</li> <li>1 ¼ oz solid cheese</li> <li>Munster, colby, cheddar, etc.</li> <li>3 TBSP grated parmesan or romano</li> <li>1 cup milk (any variety: cow, goat, buttermilk, whole-skim)</li> <li>½ cup powdered milk</li> <li>½ evaporated milk</li> <li>1 ½ cup goat's milk</li> </ul>	<ul style="list-style-type: none"> <li>1 cup regular yogurt</li> <li>½ cup greek yogurt</li> <li>1 cup sour cream</li> <li>1 cup ice cream</li> <li>1 cup ice milk</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ cup soy milk</li> <li>2 oz tofu (firm)</li> </ul> <p>Add calcium sources if using non-animal milks</p>	Albumen Sources
<ul style="list-style-type: none"> <li>1 oz lean beef</li> <li>1 oz pork</li> <li>1 oz chicken</li> <li>1 oz turkey</li> <li>1 oz fish</li> <li>1 oz liver or kidney</li> </ul>	<ul style="list-style-type: none"> <li>½ cup canned salmon, tuna, crab, or lobster</li> <li>3 sardines</li> <li>½ cup cottage cheese</li> <li>1 ¼ oz solid cheese</li> <li>cheddar, swiss, feta, etc.</li> </ul>	<ul style="list-style-type: none"> <li>3 TBSP grated parmesan or romano</li> <li>3 ½ oz tofu</li> <li>¼ cup nuts or nut butter (including peanut)</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup beans + ¾ cup rice/wheat</li> <li>⅙ cup seeds + 1 ½ cup rice</li> <li>⅙ cup beans + ½ cup cornmeal/polenta</li> <li>¾ cup beans + 4 tsp seeds</li> </ul>	<ul style="list-style-type: none"> <li>½ large potato + ¼ cup of milk or ¼ oz cheese</li> <li>½ oz cheese + 2 slices bread OR 1 cup pasta OR ⅙ cup beans</li> <li>¾ cup rice + ½ cup milk</li> <li>⅙ cup brewers yeast + ¾ cup rice</li> </ul>	<p>Measurements are in cooked state.</p> <p>Beans: soy, peas, black, kidney, chickpea, etc.</p> <p>Rice: preferably brown</p> <p>Wheat: preferably whole grain (like farro or bulgur)</p> <p>Seeds: sesame, sunflower, etc.</p>	<ul style="list-style-type: none"> <li>2 eggs any style</li> <li>1 egg = 1 serving</li> </ul>
<ul style="list-style-type: none"> <li>1 cup cooked broccoli</li> <li>1 cup cooked brussels sprouts</li> <li>⅔ cup cooked spinach</li> <li>⅔ cup cooked greens</li> <li>Collard, turnip, mustard, kale, etc</li> <li>½ cup asparagus</li> </ul>	<ul style="list-style-type: none"> <li>1 cup raw bok choy</li> <li>1 cup raw swiss chard</li> <li>1 cup raw watercress</li> <li>½ cup lettuce</li> <li>½ cup endive</li> <li>½ cup bean sprouts</li> </ul>	<ul style="list-style-type: none"> <li>1 whole grain waffle, pancake or slice of bread</li> <li>½ whole grain muffin, english muffin or bagel</li> <li>1 corn or flour tortilla</li> <li>½ cup oatmeal, quinoa, brown rice, bulgur, granola, bran flakes, whole grain cereal</li> <li>¼ cup wheat germ</li> </ul>	<ul style="list-style-type: none"> <li>2 raw carrots</li> <li>1 small raw onion</li> <li>1 large raw cucumber</li> <li>1 ½ raw tomato</li> <li>1 cup cooked beets</li> <li>1 cup cooked carrots</li> <li>½ cup cooked corn or 1 ear</li> <li>½ cup lima beans</li> </ul>	<ul style="list-style-type: none"> <li>¾ cooked onion</li> <li>⅔ cup cooked parsnips</li> <li>½ cup cooked green peas</li> <li>1 small white potato</li> <li>½ cup mashed potatoes</li> <li>15 potato chips</li> <li>½ cup cooked pumkin</li> <li>1 cup sauerkraut</li> <li>1 ½ cup cooked summer squashes</li> </ul>	<ul style="list-style-type: none"> <li>⅓ cup cooked winter squashes</li> <li>½ sweet potato</li> <li>1 ¼ cup cooked turnips</li> <li>2 dates, figs, or plums</li> <li>⅓ cup applesauce</li> <li>3 apricots or prunes</li> <li>½ cup apricot nectar</li> <li>1 cup avocado or strawberries</li> </ul>	<ul style="list-style-type: none"> <li>½ cup blueberries, blackberries, cherries, papaya, pineapple, raspberries or grapes</li> <li>½ cantaloupe, pear, grapefruit, apple, banana or persimmon</li> <li>½ pure cranberry juice</li> <li>1 peach or tangerine</li> <li>½ cup prune juice</li> <li>2 TBSP raisins</li> </ul>
<ul style="list-style-type: none"> <li>½ grapefruit</li> <li>1 orange</li> <li>½ cup orange juice</li> <li>⅔ cup grapefruit juice</li> <li>1 large tomato</li> <li>1 cup tomato juice</li> <li>⅔ cup tomato puree</li> <li>½ cup papaya or strawberries</li> </ul>	<ul style="list-style-type: none"> <li>1 cup raw cabbage</li> <li>1 cup cooked cauliflower</li> <li>1 lemon or lime</li> <li>2 tangerines</li> <li>1 large potato, any style</li> <li>1 large green pepper</li> <li>½ cantaloupe</li> </ul>	Fat & Oil Sources	<ul style="list-style-type: none"> <li>1 TBSP butter, mayonnaise or oil</li> <li>¼ avocado</li> <li>1 TBSP peanut butter</li> <li>3 TBSP coconut</li> <li>2 TBSP heavy cream</li> <li>2 TBSP salad dressing (NOT low-fat)</li> <li>1 ½ TBSP sour cream</li> <li>10 olives</li> </ul>	<ul style="list-style-type: none"> <li>1 sausage link</li> <li>2 TBSP cream cheese</li> <li>10 french fries or potato chips</li> <li>12 whole walnuts</li> <li>30 peanuts</li> <li>20 almonds</li> <li>4 whole pecans</li> </ul>	<ul style="list-style-type: none"> <li>3 apricots</li> <li>½ cantaloupe</li> <li>½ cup carrots (1 arge)</li> <li>½ cup pumpkin</li> <li>½ cup winter squash</li> <li>1 sweet potato or yam</li> <li>3 nectarines</li> <li>2 peaches or 4 dried halves</li> <li>½ cup canned sour cherries</li> </ul>	<ul style="list-style-type: none"> <li>4 oz liver</li> <li>Calf, beef, chicken, pork, turkey, paté, liverwurst, etc.</li> </ul>
<p>Sea Salt (not iodized table salt!) to Taste</p> <p>Kelp Powder to Taste</p> <p>Soy Sauce to Taste</p>	<p>Drink to thirst &amp; be sure to increase if working out or in hot weather</p>		<p>Prenatal vitamins, powders, herbs, yeast, oils, molasses, etc.</p> <p>Note: Prenatal vitamins do NOT replace above items or balanced diets</p>	<p>Non-Animal Calcium Sources</p> <ul style="list-style-type: none"> <li>36 almonds (2 oz)</li> <li>⅓ cup cooked bok choy</li> <li>12 Brazil Nuts</li> <li>5 tsp Brewer's yeast</li> <li>1 cup cooked broccoli</li> <li>⅓ cup cooked collard greens</li> <li>½ cup chopped hazelnuts</li> <li>½ cup cooked kale</li> <li>2 tsp blackstrap molasses</li> <li>4 oz black olives</li> </ul>	<p>Items can be combine to make a meal or dish (ex. A spinach salad with sunflower seeds and dressing).</p> <p>Vegan, vegetarian, &amp; allergy restrictive diets can be accomodated (ex. omit peanuts from protein source for allergy).</p> <p>Items should be the most nutrient dense (ex. whole grain bread instead of white)</p>	<p>Avoid supplements and teas that contain nettle, dandelion, alfalfa, bilberry, or celery. These have diuretic properties &amp; can lower blood volume</p>

This chart is to assist you in deciding your nutritional intake if you choose to do the Brewer Diet during your pregnancy. Please discuss this with your care provider before beginning any diet. Please be aware that this diet is designed based on the nutritional philosophies of Dr. Tom Brewer & should be considered only after the consent of your healthcare provider. It is not designed for anyone who is not pregnant.

Note each food you consume (a weekly list, a chart on a spreadsheet, etc.), a full chart at the end of the week indicates the Brewer minimum recommendation for 2600 daily calorie, 80-120 grams of protein, & salt to taste has been met. Please check off only one box per item (i.e. tick off in either 'Milk' or 'Protein' if you have a glass of milk, but not in both). The Basic Plan is a baseline minimum of the Brewer Diet. There are some women in situations where the Basic Plan would be inadequate (think multiples, etc.). Evaluate your unique situation to see whether you may need to add some additional calories, salt, or protein to your personal version of the diet.

Please be aware that you may find that your version of the Brewer Diet, which you used effectively last week may no longer be adequate this 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.

Each day you must have at least...

- 4 Milk or Dairy Servings
- 2 Fresh Dark Green Vegetable Servings
- 5 Whole Grain Servings
- 2 Egg Servings
- 2 Vitamin C Foods
- 6-8 Protein Servings
- 3 Fat or Oil Servings
- Optional Weekly Liver Serving
- Optional Supplements as Needed (prenatal, dha, etc.)
- Unlimited Water to Thirst
- Unlimited Salt to Taste
- Unlimited Healthy Snacks (no processed, candy, etc.)