

Brewer Pregnancy Diet Weekly Checklist

<i>Foods</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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							
Fats and Oils							
Vitamin A Source							
Liver* (once/wk)							
Salt							
Water							
Snacks							
Supplements							

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, uncreamed, pot style
1 large slice cheese (1 1/4 oz): cheddar, Swiss, hard cheese
1 cup ice milk
1 1/2 cup soy milk
1 piece tofu, 3"x3"x 1/2" (4 oz)

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

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, uncreamed, pot style

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

Liver--at least once a week (optional)

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

Calcium replacements--as needed

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

Snacks and additional menu choices--unlimited

More foods from groups 1-11

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
1/4 cup wheat germ

Fats and oils--3 choices

1 tablespoon butter or margarine
1 tablespoon mayonaise
1 tablespoon vegetable oil
1/4 avocado
1 tablespoon peanut butter++
1/4 cup wheat germ

Water--unlimited

Drink to quench thirst, but do not force fluids
Real juice or milk might make better use of limited stomach space.

Salt and other sodium sources--unlimited

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

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

Optional supplements

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

Eggs--2 any style

* 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. ***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*****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.