

Brewer Diet Basic Plan

This worksheet is to assist you in tracking 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.

Check off each food you consume, 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 diet. Please check off only one box per item (i.e. put a checkmark in either the 'Milk' column or 'Protein' column 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. 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. The information following this checklist will help you with a personal evaluation.

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.

Foods	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 Grain							
Whole Grain							
Whole Grain							
Whole Grain							
Whole Grain							
Vitamin C							
Vitamin C							
Fats & Oils							
Fats & Oils							
Vitamin A							
Water							
Snacks							
Supplements							

Each day you must have at least...*

● 4x Milk Products or Dairy

Replacements

- ~1 cup of milk (any fat)
- ~½ cup of evaporated milk (any fat)
- ~⅓ cup powdered milk (any fat)
- ~1 cup of yogurt
- ~1 cup sour cream
- ~¼ cup cottage cheese (any style)
- ~1 large slice of hard cheese (1 ¼ oz)
- ~1 cup ice milk
- ~1½ cup soy milk
- ~1 piece of tofu (4oz, 3x3x.5")
- ~36 almonds
- ~⅓ cup cooked bok choy
- ~12 Brazil nuts
- ~1 cup cooked broccoli
- ~⅓ cup cooked collard greens
- ~½ cup cooked kale
- ~2 tsp blackstrap molasses
- ~4 oz black olives
- ~1 oz whole sardines

● 2x Eggs (any style)

● 6x-8x Protein Combinations

- ~1 oz lean beef, lamb, pork, liver, or kidney
- ~1 oz chicken or turkey
- ~1 oz fish or shellfish***
- ~¼ cup of canned tuna or salmon
- ~3 whole sardines
- ~3½ oz tofu
- ~¼ cup peanuts or peanut butter
- ~⅛ cup uncooked beans + ¼ uncooked cup of rice or wheat
(soy, peas, black, kidney, garbanzo, brown rice, whole wheat)
- ~⅛ cup brewer's yeast + ¼ cup uncooked rice
- ~⅛ cup of sesame or sunflower seeds + ½ cup of uncooked rice
- ~¼ cup of uncooked rice + ⅓ cup milk
- ~½ oz cheese + 2 slices of whole wheat bread or ⅓ cup of uncooked pasta or ⅛ cup uncooked beans
- ~⅛ cup uncooked beans + ½ cup uncooked cornmeal
- ~⅛ cup uncooked beans + ⅓ cup sesame or sunflower seeds
- ~½ large potato + ¼ cup milk or ¼ oz cheese
- ~1 oz hard cheese
- ~¼ cup cottage cheese (any style)

● 2x Fresh Dark Green Vegetables

- ~1 cup broccoli
- ~1 cup brussels sprouts
- ~⅔ cup spinach
- ~⅔ cup greens
collard, turnip, beet, kale, dandelion
- ~½ cup dark green lettuce
- ~½ endive
- ~½ cup asparagus
- ~½ cup sprouts (alfalfa, bean)

● 5x Whole Grains

- ~whole grain waffle or pancake
- ~1 slice whole grain bread
whole wheat, rye, bran
- ~½ whole grain muffin or bagel
- ~1 corn tortilla
- ~½ cup oatmeal
- ~½ cup brown rice
- ~½ whole wheat (bulgur, farro, etc.)
- ~1 large shredded wheat biscuit
- ~½ cup bran flakes or granola
- ~¼ cup wheat germ

● 2x Vitamin C Foods

- ~½ grapefruit
- ~⅔ cup grapefruit juice
- ~1 orange
- ~½ cup orange juice
- ~1 large tomato
- ~1 cup tomato juice
- ~½ cantaloupe
- ~1 lemon or lime
- ~½ cup papaya
- ~½ cup strawberries
- ~1 large green pepper
- ~1 large potato (any style)

● 3x Fats & Oils

- ~1 TBSP butter or margarine
- ~1 TBSP mayonnaise
- ~1 TBSP vegetable oil
- ~¼ avocado
- ~1 TBSP peanut butter

● 1x Vitamin A Food

- ~3 apricots
- ~½ cantaloupe
- ~½ cup of carrots
- ~½ cup pumpkin
- ~½ cup winter squash
- ~1 sweet potato

● Optional Weekly Liver

- ~4 oz liver (beef, chicken, pork, turkey, liverwurst)

● Unlimited Salt Sources to Taste

- ~iodized table salt
- ~sea salt
- ~kelp powder
- ~soy sauce

● Unlimited Water to Taste

- ~drink to quench thirst, don't force fluid
- ~real pressed juices (veg or fruit)
- ~milk

● Unlimited Snacks

- ~more foods from previous lists
- ~not processed, candy, etc.

● Optional Supplements as Needed

- ~prenatal vitamins
- ~DHA
- ~teas
- ~herbs*****

Vitamin supplements are routine for prenatal care, however they do not take place of a sound balanced diet for nutritional foods.

*each food you eat can only be counted towards one group only. For example, if you eat ¼ cup cottage cheese you may count it as either 1 milk portion OR 1 protein portion not both.

***Due to compound mercury content in predatory fish do not eat shark, swordfish, king mackerel, or tilefish.

You may eat up to 12 oz of low mercury fish/shellfish per week. Shrimp, canned light tuna, salmon, pollock, catfish

Albacore (white) tuna has more mercury than light tuna so up to 6 oz of that are acceptable.

*****avoid supplements & teas which contain nettle, dandelion, alfalfa, bilberry, or celery. They contain diuretic compounds..