The Brewers Pregnancy Diet

Food Groups and Serving Examples

Dairy/Milk Products (4 Servings)

- 1 cup milk (whole, skim, 1%, buttermilk)
- 1/2 cup canned evaporated milk
- 1/3 cup powdered milk (whole or skim)
- 1 cup yogurt
- 1 cup sour cream
- 1/4 cup cottage cheese
- 1 large slice of hard cheese (1 1/4 oz)
- 1 cup ice milk (Ice cream, frozen yogurt)
- 1 1/2 cup soy milk
- 1 piece tofu, 3"x3"x 1/2" (4 oz)

Calcium (2 Servings, about 50 mg calcium per serving)

(you can substitute 2 Calcium options for 1 for Dairy)

- 36 almonds (100mg)
- 1/3 cup bok choy, cooked (53 mg)
- 12 Brazil nuts (48)
- 1 cup broccoli, cooked (32 mg)
- 1/3 cup collard greens (82 mg)
- 1/2 cup kale (100 mg)
- 1 tablespoon blackstrap molasses (43 mg)
- 4 oz black olives (100 mg)
- 1 oz sardines (100 mg)
- 1 tablespoon chia seeds (76 mg)

Eggs (2)

Any style or form.

Protein (6 to 8 Servings, about 7 grams each serving)

- 1 oz lean beef, lamb, pork, liver, or kidney
- 1 oz chicken or turkey
- 1 oz fish
- 1/4 cup canned salmon or tuna
- 1 egg
- 3 sardines
- 3 1/2 oz tofu
- 1/4 cup peanut butter or almond butter
- 1/4 cup nuts (almonds, peanuts, walnuts, etc)
- 2/3 cup cooked/canned beans
- 1/2 oz cheese + 2 slices whole wheat bread
- 1/2 large potato + 1/4 cups milk or 1/4 oz cheese
- 1 oz hard cheese
- 1/4 cup cottage cheese or yogurt

Fresh, dark green vegetables (2 Servings)

- 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/micro-greens

Whole grains (5 Servings)

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
1/2 cup brown rice or Bulgar wheat
1/2 cup bran flakes or granola
1/4 cup wheat germ

Vitamin C foods (2 Servings, about 100mg each serving)

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 Servings)

1 tablespoon butter or margarine
1 tablespoon mayonnaise
1 tablespoon oil (olive, coconut, avocado, etc)
1/4 avocado
1 tablespoon peanut butter or almond butter

Vitamin A foods (1 Serving)

3 apricots (100 mcg)
1/2 cantaloupe (450 mcg)
1/2 cup carrots (1 large) (450 mcg)
1/2 cup pumpkin (450 mcg)
1/2 cup winter squash (400 mcg)
1 sweet potato (900 mcg)

Weekly Liver (optional)

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

Salt/Sodium (unlimited)

Any type of salt but Redmond Read Salt, Pink Himalayan or Celtic salt is best.
There is such thing as too much salt but everyone's needs are different.

Water (unlimited)

Stay hydrated, caffeinated and sugary drinks will dehydrate you.
Water is best. Drink when thirsty.