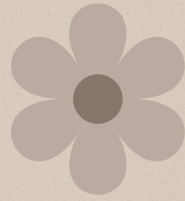


A BIRTH FROM EDEN QUICKGUIDE



NUTRITION IN PREGNANCY

with help from the Brewer Diet



Welcome

This is a quick guide to daily nutrition as you are trying to conceive, when you are pregnant, and when you are postpartum and breastfeeding. You want to be consuming as many nutrient dense foods as you can to fuel your body.

“Real food is made with simple ingredients that are as close to nature as possible and not processed in a way that removes nutrients” - Lily Nichols. Here’s a common myth: when you are pregnant, you need to eat for two. This is NOT TRUE! When you are pregnant, you want to be consuming more NUTRIENTS, not necessarily more food.



THE BREWER DIET

Below is an adaptation taken from the Brewer diet created by Dr. Thomas Brewer. This diet is incredibly beneficial for women in any stage of childbearing. It can prevent, manage and remedy many pregnancy complications that are often a result of less than optimal nutrition. You should try to eat the appropriate amount of each category DAILY. It can be good to space out eating through the day to minimize hunger, help morning sickness and maintain blood sugars, as well as optimize nutrient absorption. This is also simply the basic plan, and will not be sufficient for some women.

1. MILK - 4 CHOICES

1 CUP MILK
1/2 CUP CANNED EVAPORATED MILK
1/3 CUP POWDERED MILK
1 CUP YOGURT
1 CUP SOUR CREAM
1/4 CUP COTTAGE CHEESE
1 LARGE SLICE CHEESE
1 CUP ICE MILK
1 1/2 CUP SOY MILK
1 PIECE TOFU

2. 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
1 OZ SARDINES

3. EGGS - 2 ANY STYLE

4. PROTEIN COMBINATIONS - PICK 6 TO 8

1 OZ LEAN BEEF, LAMB, PORK, LIVER, OR KIDNEY
1 OZ CHICKEN OR TURKEY
1 OZ FISH OR SHELLFISH
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
1/4 CUP RICE + 1/3 CUP MILK

5. GREEN VEGETABLES - PICK 2

1 CUP BROCCOLI
1 CUP BRUSSELS SPROUTS
2/3 CUP SPINACH
2/3 CUP GREENS
1/2 CUP LETTUCE
1/2 CUP ENDIVE
1/2 CUP ASPARAGUS

6. WHOLE GRAINS - 5 CHOICES

1 WHOLE GRAIN WAFFLE/PANCAKE
1 SLICE BREAD
1/2 ROLL, MUFFIN, OR BAGEL
1 CORN TORTILLA
1/2 CUP OATMEAL OR WHEATENA
1/2 CUP BROWN RICE
1 SHREDDED WHEAT BISCUIT
1/2 CUP BRAN FLAKES OR GRANOLA

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 - PICK 3

1 TABLESPOON BUTTER
1 TABLESPOON MAYONNAISE
1 TABLESPOON OLIVE OR AVOCADO OIL
1/4 AVOCADO
1 TABLESPOON PEANUT BUTTER
1 TABLESPOON GHEE

9. VITAMIN A FOODS - CHOOSE 1

3 APRICOTS
1/2 CANTALOUPE
1/2 CUP CARROTS
1/2 CUP PUMPKIN
1/2 CUP WINTER SQUASH
1 SWEET POTATO

10. LIVER ONCE A WEEK (OPTIONAL)

4 OZ LIVER BEEF, CALF, CHICKEN, PORK, TURKEY, LIVERWURST

11. SALT - UNLIMITED

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.

13. SNACKS - 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.

GROCERY SHOPPING LIST

[illegible][illegible]

OTHERS

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THUR				
FRI				
SAT				
SUN				

Diet Tracker

Date: _____

Week: _____

[illegible]



NEED MORE INSIGHT & SUPPORT?

WORK WITH US

We would love to chat with you about your nutrition plans and goals. There are many great references in our area who you can work with! We also have many favorite recipes to share. Contact Hannah or Nina, we are happy to help.

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