

SAMPLE DIET FOR A HEALTHY PREGNANCY

Based on the Brewer Diet for Pregnancy. Individual needs may differ.

You need to have **EVERY DAY**, at least:

1. Milk and milk products -- 4 choices

- 1 C milk: whole, skim, buttermilk
- ½ C canned evaporated milk, whole or skim
- 1/3 C powdered milk, whole or skim
- 1 C Yogurt
- 1 C Sour Cream
- ¼ C cottage cheese (1 ¼ oz cheddar)
Swiss, other hard cheese
- 1 C ice milk

2. 2 Eggs, any style

3. Meats and meat substitutes – 8 choices

- 1 oz lean beef, lamb, veal, pork
- 1 oz chicken or turkey
- 1 oz fish or shellfish
- ¼ C canned salmon, tuna, or mackerel
- 3 sardines
- 3 ½ oz Tofu (soybean curd)
- ¼ C Peanuts or peanut butter
- 1/8 C beans + ¾ C cooked rice or wheat;
soybeans, peas, black beans, kidney beans,
garbanzos; rice: preferably brown; wheat:
preferably bulgar
- 1/8 C brewer's yeast + ¾ C cooked rice
- 1/8 C sesame or sunflower seeds + 1C
cooked rice
- ¾ C cooked rice + 1/3 C milk
- ½ oz Cheese + 2 slices whole wheat bread
or 1/3 C (dry) macaroni or noodles or 1/8
C beans
- 1/8 C beans + ½ C cornmeal
- 1/8 C beans + 1/6 C seeds (sesame,
sunflower)
- 1/8 C peanut butter or peanuts + 1/8 C
seeds (sunflower, sesame)
- ¼ C milk + ¼ C seeds
- ½ Large potato + ¼ C milk or ¼ oz cheese
- 1 oz. Cheese: cheddar, Swiss, other hard
cheese
- ¼ C cottage cheese: creamed, uncreamed

4. Fresh, dark green vegetables – 5 choices

- 1 C broccoli
- 1 C brussel sprouts
- 2/3 C greens: spinach collard, turnip, beet,
dandelion, kale, mustard,
- ½ C lettuce, preferably Romaine or dark leaf
- ½ C endive
- ½ C asparagus
- ½ C sprouts: bean, alfalfa

5. Whole Grains -- 5 - 8 choices

- 1 slice bread: whole wheat, rye, bran, other
whole grain
- ½ roll, muffin, or bagel made from whole
grain
- 1 waffle or pancake made from whole grain
- 1 corn tortilla
- ½ C oatmeal or Wheatena
- ½ C brown rice or bulgar wheat
- 1 shredded wheat biscuit
- ½ C bran flakes or granola
- ¼ C wheat germ

6. Vitamin C group – 2 choices

- ½ grapefruit
- 2/3 C grapefruit juice
- 1 orange
- ½ C orange juice
- 1 large tomato
- 1 C tomato juice
- ½ cantaloupe
- 1 lemon or lime
- ½ C papaya
- ½ C strawberries
- 1 large green pepper
- 1 large potato, any style

7. Fats and Oils – 3 choices

- 1 Tbl. Butter or margarine
- 1 Tbl. Mayonnaise
- 1 Tbl. Vegetable oil
- ¼ Avocado
- 1 Tbl. Peanut butter

**8. Dark Yellow/Orange vegetable or fruit – 1-2
choice**

- 3 apricots
- ½ cantaloupe
- ½ C carrots (1 large)
- ½ C pumpkin
- ½ C winter squash
- 1 sweet potato

9. Table Salt: *salt your food to taste*

10. Water: *drink to thirst*

- 12. Other foods as desired from above lists,
other fresh fruits and vegetables, nuts,
and seeds, dried fruits, and the like.**

REMEMBER: Each food you eat may be counted for one group only – e.g. count ¼ C Cottage cheese as 1 milk choice OR 1 meat and meat substitute choice, not both. Most women need 60 - 80 grams of protein during the first half of pregnancy, then 80 - 100 grams of protein daily during the second half of pregnancy.

Please note serving sizes - 1 serving of meat (beef, chicken, etc.) is usually **1 oz.** This means if you eat a 12 oz. steak this would be more than your recommended 8 meat or meat substitute choices per day.