



Your Daily Pregnancy Nutrition Checklist

Have you ever tried to watch your nutrition with the diets in popular pregnancy books? It's downright frustrating! Dr. Brewer's diet is simple, yet powerful. No double-counting certain foods in different categories, or complicated calculations of grams and calories. Just print this sheet and check it off daily.

Every day of the week, you and your baby should have:

Milk Servings	(8 grams each)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	= 32 grams
Eggs	(6 grams each)	<input type="checkbox"/> <input type="checkbox"/>	= 12 grams
With just 2 eggs and 4 glasses of milk you've already laid a "protein foundation" for today's excellent nutrition! You're halfway there!		Subtotal	= 44 grams
Meat/Protein	(avg. 25 grams each)	<input type="checkbox"/> <input type="checkbox"/>	= 50
Green Leafy Veggies	(under 1 gram each)	<input type="checkbox"/> <input type="checkbox"/>	= 2 grams
Other Veggies	(under 1 gram each)	<input type="checkbox"/>	= 1 gram
Whole Grain Bread	(2 grams each)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	= 6 grams
Citrus Fruit or Juice	(~1 gram each)	<input type="checkbox"/>	= 1 gram
Other Fruit	(under 1 gram each)	<input type="checkbox"/>	= 1 gram
Butter	(1 gram each)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	= 3 grams
Protein Grand Total (if all boxes checked)			= 109 grams

And don't forget the following foods weekly:

Whole grain cereal (oatmeal, wheatena, etc.)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Yellow or orange fruits and veggies	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Liver (if you like it)	<input type="checkbox"/>
A whole potato, any style.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

If you were overweight before pregnancy, or have been diagnosed with diabetes (or simply don't like potatoes), skip the potato and choose instead from the following list: large green pepper, grapefruit, lemon, lime, papaya, tomato (one piece of fruit, or one large glass of juice).

Congratulations! You've given your baby the best possible start in life by eating right TODAY! Simply do this every day during pregnancy, one day at a time, and you're doing everything you can to ensure that you and your baby won't suffer from toxemia, low birth weight, intrauterine growth retardation, and a host of other nutrition-related ills. Way to go!!