

The Brewer Diet For A Healthy Mom And Baby

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

- One quart (4 cups) of milk. Any kind will do : whole milk, low fat, skim, powdered, or buttermilk. If you do not like milk, you can substitute one cup of yogurt for each cup of milk.
- Two eggs.
- One or two servings of fish, shellfish, chicken or turkey, lean beef, veal, lamb, pork , liver or kidney.

Alternative combinations include:

- Rice with beans, cheese, sesame, milk
- Cornmeal with beans, cheese, tofu, milk.
- Beans with rice, bulgur, cornmeal, wheat noodles sesame seeds, milk.
- Peanuts with: sunflower seeds, milk.
- Whole wheat bread or noodles with: beans, cheese, peanut butter, milk, tofu.
- For each serving of meat, you can substitute these quantities of cheese:

Brick 4 oz.
Longhorn 3 oz.
Camembert 6 oz.
Muenster 4 oz.
Cheddar 3 oz.
Monterey Jack 4 oz.
Cottage 6 oz.
Swiss 3 oz.

- One or two servings of fresh, green, leafy vegetables: mustard, beet, collard, dandelion or turnip greens, spinach, lettuce, cabbage, broccoli, kale, Swiss chard.
- Five servings of whole grain breads, rolls, cereals or pancakes: wheatena, 100% bran flakes, granola, shredded wheat, wheat germ, oatmeal, buckwheat or whole wheat pancakes, corn bread, corn tortillas, corn or bran or whole wheat muffins, waffles, brown rice.
- Two choices from: a whole potato (any style), large green pepper, grapefruit, lemon, lime, papaya, tomato (one piece of fruit, or one large glass of juice).
- Three pats of butter .

Also include in your diet, in addition to the above (i.e., don't count one food in two categories):

- A yellow- or orange-colored vegetable or fruit five times a week.
- Liver once a week, if you like it.
- Table salt: SALT YOUR FOOD TO TASTE
- Water: Drink to thirst.

It is not healthy for you and your unborn baby to go even 24 hours without good food!

Your goal is 80 to 100 grams of protein each day for the prevention of toxemia.