

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. PLEASE print it as many times as you need to! Make copies!! Pass it on to your friends! Spread the word!!!

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

Milk Servings (8 grams each) = 32 grams

Eggs (6 grams each) = 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 g each) = 50 grams

Green Leafy Veggies (under 1 gram each) = 2 grams

Other Veggies (under 1 gram each) = 1 gram

Whole Grain Bread (2 grams each) = 6 grams

Citrus Fruit or Juice (~1 gram each) = 2 grams

Other Fruit (under 1 gram each) = 1 gram

Butter (1 gram each) = 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.)

Yellow or orange fruits and veggies

Liver (if you like it)

A whole baked potato, any style.

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, IUGR, and a host of other nutrition-related ills. Way to go!!