

PREGNANCY NUTRITION WHERE DO I START

We all want what is best for our babies and children. Recognizing that responsibility early on...prenatally...will have a significant impact on your pregnant health, your baby's gestational health and growth, and provide both of you with the best opportunities for a gentle, safe and healthiest birth outcome.

The diet outlined here is based upon the work of Dr. Thomas Brewer. It is founded on the principles of whole, natural food with a strong foundation of 80-100 grams of protein intake per day. His diet has been shown to be very effective at eliminating the risks of toxemia, low birth weight, and prematurity.



Women want options when they give birth. They want to know the possibilities and have the freedom to make choices that fit their lifestyle. The mom who is unhealthy or labeled high risk does not have the same choices as the mom who is not. Eating healthy is something mom has control over and will help her stay low risk.

When shopping fresh produce instead of canned, you may find your grocery bill climbing. The nutritional value of fresh is significantly greater than canned - you will find that the food is actually worth much more than you are paying for.

When trying to eat healthy, sometimes mom may feel that it is too hard, there's not enough time, it's too expensive, or she

just doesn't know where to start. These obstacles are very easy to overcome, but mom will need to be willing to make the changes necessary to achieve this. Those who feel time is the challenge often discover hidden nuggets of it when they manage it differently. Those facing financial challenges will find that healthy, whole foods are often much cheaper than buying boxed foods, pre-made foods, or fast foods. And the mom who is not sure where to start will hopefully find the answers here and in the resources listed throughout.

When approaching nutrition, it is best to eat foods as close to their original state as possible. Foods that are processed, refined, pasteurized, homogenized, dehydrated or preserved are simply not in their original state. Most of those processes remove most, if not all, nutritional value the food once had, leaving it a "dead" thing that will offer your body nothing to aid it, only harm it.

When you visit the grocery store try to buy as little of your food from the inside aisles as possible. Think of the out-

THE BREWER PREGNANCY DAILY DIET GUIDELINES

Milk products & substitutes--4 servings

1 serving = 8 grams protein

Total = 32 grams protein

Eggs--2 servings

1 serving = 6 grams protein

Total = 12 grams protein

Other proteins--2 servings

1 serving = 4 oz = 24-32 grams protein

Total = 24-32

(approx. 68-80 grams protein)

Total proteins = 86-100 grams

Green vegetables--2 servings

Whole grains--4 to 5 servings

Vitamin C foods--1 to 2 servings

Fats and oils--3 to 5 servings

Salt--unlimited, salt to taste

Water--take mom's weight, divide it in half and try to drink that amount in ounces each day

Total calories = 2600-3000

**Recommended weight gain--unlimited
(average 35-45 pounds)**

Average size baby--7 lbs 2 oz to 8 lb 8 oz ?

side walls of your typical grocery store, this is where the produce, dairy and meats tend to be, where the coolers and freezers are. The aisles inside are filled with the boxed, canned and bagged foods, the ones that have been processed and turned into a powder or dehydrated and are awaiting water to restore it to its original glory, which of course can never happen. These foods are the most expensive, even the cheap stuff is expensive when you recognize that you are spending a dollar, or two or three or more on something that adds absolutely no nutritional value to your body and in many cases negatively impacts your health; this is a very expensive food.

When shopping fresh produce instead of canned, you may find your grocery bill climbing. The nutritional value of fresh is significantly greater than canned - you

will find that the food is actually worth much more than you are paying for. Purchasing meats fresh is cheaper than buying the processed sandwich meats and pre-cooked, diced foods, but there is a time commitment on your part to prepare the meat. Just like with the produce, however, the value of your time invested in preparing the fresh meats will pay off in a healthier mom and baby.

Learn to manage your time wisely. Pick one day a week to plan your meals for the next week or two, shop for everything at once so you don't have to make several trips to the store and then prepare all of it in one afternoon or evening. Get your family involved. Turn on some great music and dance around the kitchen, sing to your baby, tell your baby why you are working so hard to eat well for him or her. Both you and your baby will be blessed for your efforts!

PROTEIN

The pregnant mother should try to eat 80-100 grams of protein per day. Protein provides the body with the amino acids which are the building blocks in the body. They aid in the production and maintenance of bones, muscles, skin, blood, hair, nails, organs, connective tissues, nerves and the development of the brain and nervous system. Protein will aid the growth of the placenta, uterus, breasts for nursing and increase in blood production in the pregnant mother. Failing to consume enough protein can have a significant impact of the mother, leading to fatigue, swelling, lack of appetite and toxemia. Directly related to the baby's health it can be as serious as death. This is a vital nutrient to the body.

Common Protein Foods:

- beef (hamburger, steaks, roasts)
- venison
- chicken (including eggs)
- turkey
- fish
- dairy products (cheese, milk, yogurt)
- pork

WHO WAS DR. THOMAS BREWER?

Dr. Thomas Brewer is well known for his work in the nutrition of pregnant mothers. Dr. Brewer dedicated over 50 years of his life studying the impact of a strong nutritional diet and the elimination or reversal of pre-eclampsic, eclampsic, HELLPs and toxemic symptoms.

Dr. Brewer was born in 1925 and passed away in November of 2005 at the age of 80. He served in the US Army, during World War II and received the Purple Heart and Bronze star after being wounded in action. His medical education began at the University of Texas and then continued at Tulane Medical School where he graduated from in 1951.

Dr. Brewer authored more than 40 articles that have been published internationally, wrote the book "Metabolic Toxemia of Late Pregnancy: A Disease of Malnutrition" and was the medical consultant on numerous books by Gail Sforza Krebs (his former wife).

In Dr. Brewer's early work, he saw many women experience toxemia in their pregnancies. This occasionally led to convulsions, comas and in some cases, death. Because of what he was witnessing, he began to ask questions, including questions about the mother's diet. This line of questioning took him on a very specific pathway of knowledge that has had a significant impact on the outcome and lives of women and babies throughout the world.

During his work he has sought ways to help both mom and her unborn baby achieve the healthiest pregnancies possible. He spent 11 years working on a nutritional program in California in which he worked with low-income women during their pregnancies and was able to virtually eliminate toxemia, low birth weight and premature babies.

Current medical practice has new names for various conditions that fell under the single classification of toxemia in Dr. Brewer's time. Those include: pre-eclampsia, eclampsia (seizures), PIH (Pregnancy Induced Hypertension), and HELLP syndrome (H-hemolysis, EL-elevated liver enzymes, LP-low platelet count). Utilizing the findings of Dr. Brewer's diet can have a positive effect on any or all of those various conditions.

For more information on the Brewer Diet, read the following books and visit these web sites:

- "Metabolic Toxemia of Late Pregnancy: A Disease of Malnutrition", by Dr. Thomas Brewer
- "What Every Pregnant Woman Should Know; The Truth About Diets and Drugs in Pregnancy"
- "The Brewer Medical Diet for Normal and High-Risk Pregnancy"
- "The Pregnancy After 30 Workbook"
- "The Brewer Pregnancy Hotline"
- "The Very Important Pregnancy Program" all by Gail Sforza Brewer.
- <http://home.mindspring.com/~djsnjones/index.html>
- <http://www.blueribbonbaby.com>

EGGS

The pregnant mother should try to eat 2 eggs each day. When shopping for eggs, seek local farmers who raise their chicken's in a free-range, organic setting if possible. Each egg is packed full of amazing nutrients including 6 grams of protein, 1g of iron, 600IU of vitamin A which is the anti-infection vitamin, zinc and has 80 calories. The cholesterol in eggs is necessary for the development of the fetal brain. Though eggs have received unfavorable media attention, they are still an amazing source of nutrition. They are a golden nugget.

Common Ways to Include Eggs in Your Diet:

- scrambled, fried, over-easy, over-medium, over-hard, poached, hard-boiled
- fried egg sandwich
- egg salad sandwich
- in french toast
- in pancakes
- in smoothies
- diced in salads
- sliced in hotdishes

WHOLE GRAINS

Whole grains are very important for the pregnant mother she should strive to eat four to five servings a day. Whole grains are carbohydrates which provide the body with starch and sugar which the body uses as energy. If mom does not take in enough calories in the form of carbs, her body will tap into her protein intake and utilize that for energy instead of building. Mom's body is only able to store enough carbs for about 8 hours so it is recommended that she consumes small amounts of carbs throughout the day. It is also interesting to note that the brain and nervous system do not store glucose (carbs) and therefore rely on minute-by-minute intake from the blood stream. Whole grains provide mom and baby with fiber, minerals and vitamin E and B vitamins, which are necessary for growth and the normal functioning of nerve tissue.

Common Grain Foods:

- whole grain wheat
- brown, wild and balsamic rice
- oats and barley
- quinoa
- cornmeal
- couscous

MILK/DAIRY PRODUCTS

Dairy products are another source of protein. Mom should seek four servings a day. When shopping for dairy products seek out local, organic sources. Dairy provides both mom and baby with the important essential amino acids because it is an animal protein. Dairy is good for the bones, muscle growth and contraction (think labor here), nerve transmission, healthy blood, easing insomnia and regulating the heart beat. The dietary fats in milk are good for the baby and young children. Whole milk is better than reduced fat or skim milk for mom and her babies. Not only does milk provide protein, it also provides calcium, folic acid, zinc, vitamins A, D and B12, potassium, phosphorus, niacin, riboflavin and so much more!

Common Dairy Foods:

- milk
- yogurt
- cheese
- kefir

WHOLE POTATOES

Potatoes are very nutrient rich. They are filled with many minerals and vitamins. However, because of the vast amount of chemicals used in fields and farms when shopping for potatoes, seek organic grown ones. Potatoes have almost half of mom's daily requirements of vitamin C, over 600 mg of potassium (more than a banana!), B vitamins, and a gram of iron. They have 110 calories and no fat. Mom should try to eat 3 potatoes a week.

Common Potatoes:

- boiling potatoes:
Round White, Round Red, Yellow Potato, Red Potato, Salad Potato, La Soda, Red La Rouge, Red Pontiac, Red Norland, Red Bliss, Yellow Finnish, Ruby Crescent and Australian Crescent
- baking potatoes:
Russet Burbank, Russet Arcadia, Norgold Russet, Goldrush, Norkotah, Long White and Idaho
- all-purpose:
Yukon Gold, Peruvian Blue, Superior, Kennebec, and Katahdin

DARK GREEN VEGGIES

For this food group, mom should try to eat two to three servings of dark green veggies a day. These foods provide a huge punch of nutrition for mom. They are rich in many essential vitamins and minerals such as vitamin A, B, C, E, K and folate (a B vitamin) along with calcium, magnesium and potassium. They are packed full of beta-carotene, lutein, and zeaxanthin which are antioxidants that help the body protect against cancer. Many of these nutrients help the body use the protein it takes in from other foods. The darker the green the higher the concentration of nutrients. They play a significant role in the formation of red blood cells, a deficiency of which could lead to anemia, a common concern of pregnancy.

Common Dark Green Veggies:

- broccoli
- spinach
- greens: arugula, bok choy, chiori, collard, mustard, dandelion, kale, spinach, swiss chard, turnip greens
- lettuce, preferably romaine
- asparagus
- sprouts: alfalfa and bean

FRUITS

Fruits are often easier to remember to eat, but mom really only needs one to two servings a day or two cups when measured out. Fruits tend to be higher in sugar, which makes them more palatable, and though sugar is important for our bodies, like with everything else, moderation should be exercised here. Fruits offer many of the same great vitamins and minerals as vegetables offer. They also offer fiber which your body will appreciate. Fruits are famous for being a source of vitamin C, potassium, calcium, phosphorus, magnesium, manganese, iron, selenium and zinc.

Common Fruits Sources:

- apples
- avocado
- bananas
- blackberries
- cantelope
- grapes
- kiwi
- lemon
- lime
- mango
- orange
- peach
- strawberries
- tomatoes
- watermelon

RED AND YELLOW VEGGIES

The pregnant mother will want to include 1 serving of a red or yellow vegetable a day. These veggies are packed full of carotenoid lycopene, antioxidants, alpha carotene, beta carotene and beta cryptothanixin. These phytonutrients protect the body against cellular ageing, blocking the formation of blood clots, protect against cancer and lung and heart disease. These veggies also have vitamin A to fight infection and protect against bladder and kidney infections which can be common in pregnancy, magnesium and folate which helps protect the baby against birth defects in early pregnancy. A note on red peppers, because of the extra ripening, they have 11 times the beta carotene than green peppers and 2 times the vitamin C than orange peppers!

Common Red and Yellow Veggies:

- carrots
- pumpkin
- winter squash
- red and yellow peppers
- sweet potato
- red cabbage
- yellow beans
- tomatoes (though technically they are a fruit!)

VITAMIN C SOURCES

Mom should try to eat one to two servings of vitamin C foods. Vitamin C is an antioxidant and is important for the manufacturing of collagen which is what holds the tissues in the body together. It is also very important to help your cells grow. Vitamin C is also very important in the body's defense against infections, stress and helping it absorb the much needed iron. Without an adequate intake of vitamin C, the body is not as strong and may not perform as well in labor. Symptoms the body portrays when intake is low would be easily bruising, loosening teeth, poor healing of wounds (think postpartum here!), infections, bleeding gums and tender joints. Vitamin C can not be stored in the body so daily intake is important. Pregnant moms should try to eat 70mg and nursing moms, 90-95mg.

Common Vitamin C Sources:

- strawberries
- papaya
- kiwi
- oranges
- cantelope
- mango
- peppers (red or green)
- broccoli
- kale
- brussels sprouts
- snow peas
- potatoes

FATS

Fats are very important for the body. There are many different forms and sources of fats so it is wise to learn what you can about your choices. Fats that appear in your animal products can be very beneficial to your health. These fats help your body absorb the fat-soluble vitamins A, D, E and K. Fats are helpful for the pregnant mom in the area of stretchable skin! Mom's body does much stretching in pregnancy as the belly expands to accommodate baby! The fats will help with that stretching. The body will also do a lot of stretching during labor as it accommodate the baby. For a mom struggling to get in enough calories, fats can be a source of concentrated calories. Shop wisely and avoid trans fats. Many products are labeled with the words "trans fats free" to help, but reading the ingredients label may still be advised.

Common Fat Foods:

- butter
- coconut oil
- olive oil
- nuts
- avocados

WATER

Water is very important in pregnancy. A suggestion for water intake goes like this: take moms current body weight, divide it in half and she should drink that in ounces each day. Make sure to increase that amount as mom gains weight throughout her pregnancy. Water will help mom's body eliminate wastes and toxins from her body and her baby's body. It helps with the digestion of her dietary intake, help her avoid dehydration and constipation and ensures that the nutrients get to her baby. Often times mom will find she has strong cravings for foods, some usual, other quite unusual, it can simply be that her body seeking water. Mom may also find that she is swelling more than normal and will become more uncomfortable. If she increases her water intake, she will find she is more comfortable. Though it is common for mom to think she is drinking enough...and yet when she increases the intake, she will feel better.

SALT

Salt is a very important mineral for the body. Salt your food to taste and do not restrict the intake. For the mother who has always limited her salt intake, learning to add salt to her diet may take some practice, but it will be well worth the effort! Low salt intake effects the body by decreasing the amount of blood circulating through the placenta and body (called hypovolemia) which means the amount of nutrients going to the baby is decreased. Low intake can also lead to leg cramps and fatigue. Salt will actually help with the swelling common to the pregnant mom. If the mom works out a lot, or lives in a very warm area and perspires heavily, increasing the salt intake will be helpful. Like with all the other foods needed, seeking a healthy form of salt is important. Shop for a natural, organic, unrefined sea salt. An easy indicator as to if the salt has been refined is it's color. Refined salt is pure white. Unrefined salt is grey, pink, brownish, and often it is a mixture of colors very much like sand.

WOW! LOOK AT THESE NUTS!

Almonds

24 whole nuts, 6 g protein, 3.35 g fiber

Brazil

6-8 whole nuts, 4 g protein, 2.1 g fiber

Cashews

1 ounce whole nuts, 5.17 g protein, 0.94 g fiber

Chestnuts

Ten roasted kernels, 2.7 g protein, 4.3 g fiber

Hazelnuts

Ten nuts, 2 g protein, 1.4 g fiber

Macadamias

10-12 kernels, 2.24 g protein, 2.44 g fiber

Pecans

20 halves, 2.6 g protein, 2.7 g fiber

Peanuts

One ounce, 7.31 g protein, 2.4 g fiber

Pine Nuts / Pignolias

1 ounce, 3.9 g protein, 1.0 g fiber

Pistachios

49 kernels, 6.0 g protein, 3.0 g fiber

Pumpkin Seeds

1 ounce, 5.3 mg protein, no fiber

Sunflower Seeds

1 ounce, 5.5 mg protein, 3.1 mg fiber

Walnuts

14 halves, 4.3 mg protein, 1.9 mg fiber