

**SPUN DIET**  
commonly referred to as  
**THE BREWER DIET**

Dr. Tom Brewer developed this diet in an effort to help pregnant women avoid what used to be called Metabolic Toxemia of Late Pregnancy. It has proven effective in avoiding pre-eclampsia/eclampsia and is just an all-around good nutritional approach.

For tons more information on the diet and specific nutritional recommendations for several different scenarios (vegetarian diets, twin pregnancies, swelling, premature labor, blood pressure issues, obesity, IUGR, Gestational Diabetes and more) see [drbrewerpregnancydiet.com](http://drbrewerpregnancydiet.com) from which comes all of the following information.

You must have, every day, *at least*.\*

**1. Milk and milk products – 4 choices**

1 cup milk: whole, skim, 1%, buttermilk	1 cup sour cream	1 ½ cup soy milk
½ cup canned evaporated milk: whole or skim	¼ cup cottage cheese: creamed, uncreamed, pot style	1 piece tofu, 3”X3”X ½ ” (4 oz)
1/3 cup powdered milk: whole or skim	1 large slice cheese (1 ¼ oz):cheddar, Swiss, other hard cheese	
1 cup yogurt	1 cup ice milk	

**2. Calcium replacements – as needed (2 per soy exchange from group 1)**

36 almonds	12 Brazil nuts	1/3 cup collard greens	4 oz black olives	1 oz sardines
1/3 cup bok choy, cooked	1 cup broccoli, cooked	½ cup kale	2 tsp blackstrap molasses	

**3. Eggs – 2 any style**

**4. Protein Combinations – 6 to 8 choices\*\***

1 oz lean beef, lamb, pork, liver, or kidney	1/8 cup sesame or sunflower seeds + ½ cup rice
1 oz chicken or turkey	¼ cup rice + 1/3 cup milk
1 oz fish or shell fish***	¼ cup cottage cheese, creamed, uncreamed, pot style
¼ cup canned salmon or tuna	1/8 cup beans + ½ cup cornmeal
3 sardines	1/8 cup beans + 1/6 cup seeds (sesame, sunflower)
3 ½ oz tofu	½ large potato and ¼ cups milk or ¼ oz cheese
¼ cup peanuts or peanut butter****	1 oz cheese: cheddar, Swiss, other hard cheese
1/8 cup beans + ¼ cup rice or wheat (measured before cooking) <i>Beans: soy beans, peas, black beans, kidney beans, garbanzos</i> <i>Rice: prefereably brown</i> <i>Wheat: preferably bulgar</i>	½ oz cheese + 2 slices whole wheat bread <i>or 1/3 cup macaroni (dry) or noodles or 1/8 cup beans</i>
1/8 cup brewer’s yeast + ¼ cup rice	

**5. Fresh, dark green vegetables – 2 choices**

1 cup broccoli	½ cup lettuce (preferably romaine)	½ cup sprouts: bean, alfalfa
1 cup Brussels sprouts	½ cup endive	½ cup asparagus
2/3 cup greens (collard, turnip, beef, mustard, dandelion, kale)	2/3 cup spinach	

**6. Whole grains – 5 choices**

1 waffle or pancake made from whole grain	½ cup brown rice or bulgar wheat
1 slice bread ( <i>whole wheat, rye, bran, other whole grain</i> )	1 shredded wheat biscuit
½ roll, muffin, or bagel made from whole grain	½ cup bran flakes or granola
1 corn tortilla	¼ cup wheat germ
½ cup oatmeal or Wheatena	

**7. Vitamin C foods – 2 choices**

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

**8. Fats and oils – 3 choices**

1 tbsp butter or margarine	1 tbsp mayonnaise	1 tbsp vegetable oil	¼ avocado	1 tbsp peanut butter++
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**9. Vitamin A foods – 1 choice**

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

**10. Liver – at least once a week (optional)**

4 oz liver (*beef, calf, chicken, pork, turkey, liverwurst*)

**11. Salt and other sodium sources – unlimited**

Table salt, iodized – to taste	Sea salt – to taste	Kelp powder – to taste	Soy sauce – to taste
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**12. Water – unlimited**

Drink to quench thirst, but do not force liquids. Real juice or milk might make better use of limited stomach space. (*Avoid pregnancy teas and juices which include nettle, dandelion, alfalfa, bilberry, or celery (they have diuretic properties).*)

**13. Snacks and additional menu choices – unlimited**

More foods from groups 1 – 11

**14. Optional supplements – as needed**

Vitamin pills, powders, herbs, yeast; oils, molasses, wheat germ, etc.

“Note: Vitamin supplements are in routine use in prenatal care, they do not take the place of a sound, balanced diet of nutritious foods.” (*The Pregnancy After 30 Workbook*, ed. Gail Brewer, 1978)

\* Each food you eat may be counted for one group only (in other words, count ¼ cup cottage cheese as either 1 milk choice *or* 1 protein combination choice, not both).

\*\* Different Brewer sources recommend different numbers of servings for this food group. Each 1 o.z serving provides 7 grams of protein (see website for various sources and their recommendations)

\*\*\*Due to mercury content, do not eat shark, swordfish, king mackerel, or tilefish

- You may eat up to 12 oz. a week of a variety of fish and shellfish that are lower in mercury (*shrimp, canned light tuna, salmon, Pollock, catfish*)
- Albacore (“white”) tuna has more mercury than canned light tuna, so you may eat up to 6 oz. of albacore tuna per week.

\*\*\*\* Some sources suggest that one possible source of peanut allergies in children may be an excess consumption of peanuts by their mothers during their pregnancy.