

Nutritional Handout

Nutrient	Best food sources
Vitamin A	Liver, eggs, yellow and green fruits and vegetables, dairy
Vitamin B Thiamine	Nuts, whole grains, organ meats, eggs, legumes, blackstrap molasses
Riboflavin	Nutritional yeast, whole grains, eggs, nuts, organ meats, molasses
B6 Pyridoxine	Meats, whole grains, legumes, molasses, organ meats, green leafy vegetables
B 12	Eggs, milk, cheese, organ meats, fermented soy products
Biotin	Egg yolk, liver, nutritional yeast, whole grains, sardines, legumes
Choline	Egg yolk, organ meat, wheat germ, soybeans, fish, legumes, lecithin
Folate	Dark leafy green vegetables, organ meat, whole grains, salmon, milk
Inositol	Whole grain, citrus fruit, nutritional yeast, molasses, nuts, vegetable
Niacin	Lean meat, poultry/fish, nutritional yeast, peanuts, milk, rice bran
PABA	Organ meats, wheat germ yogurt molasses green vegetable
B15	Nutri yeast, brown rice, rare meat, sunflower, pumpkin, sesame seeds
B5	Organ meats, egg yolk, legumes whole grain, salmon, nutritional yeast
Vitamin C	Citrus fruit, cherries, alfalfa sprouts, broccoli, tomato, green pepper
Vitamin P	Citrus fruit, buckwheat, black currants
Vitamin D	Salmon, sardines, herring, egg yolk, organ meat, Sunshine mushroom
Vitamin E	Cold pressed oils, egg, wheat germ, organ, molasses, sweet potato
Vitamin K	Green vegetable, egg yolk, cauliflower, soybean, alfalfa sprout
Unsat. Fatty acids	Vegetable oils, sunflower seeds
Boron	Leafy vegetable, fruits, nuts, and grains
Calcium	Green vegetables, molasses, sesame seeds, sea weed, shellfish
Chlorine	Sea salt, seafood, beans, ripe olive, rye, sea vegetable
Chromium	Honey, grapes, raisins, whole grain, nutritional yeast, corn oil
Cobalt	Poultry, milk, fruits, green leafy vegetables, organ meat, oysters
Copper	Nuts, legumes, molasses, raisins, organ meat, seafood
Germanium	Aloe Vera, comfrey, garlic, ginseng, shitake mushroom, onions
Fluoride	Tea, seafood
Iodine	Kelp, salt, seafood
Iron	Molasses, green veg, cherry juice, organ, fish, poultry, dried fruit
Magnesium	Whole grains, dark green veg, molasses, nuts, seafood, hot spices
Manganese	Whole grains, legumes, green veg, nuts, pineapple, eggs
Molybdenum	Legumes, whole grain, milk, dark green veg, kidney, liver
Phosphorus	Legumes, nuts, whole grain, egg, milk, fish, poultry, meat
Potassium	Whole grain, vegetable, dried fruit, sunflower seed, lean meat
Selenium	Wheat germ, whole grain, nutrition yeast, sesame seeds, tuna, herring
Sodium	Celery, sea weeds, table salt, seafood, dairy products
Sulfur	Fish, cayenne, garlic, onion, egg, cabbage, Brussels sprout, horseradish
Vanadium	Fish
Zinc	Pumpkin, sunflower, sesame seeds, nutritional yeast, fish, eggs, organ

Vegan Diet

3-5 servings (4 Vitamin C rich)

Fruits – citrus – berries-

Apples, pears, peaches-

Melons, etc.

4-6 servings (2 green and 1 yellow)

Vegetables - Dark greens – spinach, collard,
swiss chard, bok koy, kale, beet greens

Leafy greens – leaf lettuces, romaine, sea
weeds

Yellow/orange – peppers- squash –

Red – tomatoes –

White – potato – turnips – radish- onions

8 servings

Protein – nuts- seeds (chia, hemp) 1 TBSP-
legumes- soy/soy milk)- nut butters-
spirulina or chlorella

4- ½ c. servings

Whole Grains – oats, wheat, rice, quinoa,
millet, barley, rye, spelt, or buckwheat

Use sparingly

Sweetener – honey, molasses, agave, fresh
fruits, coconut milk/water

9- 1tbsp servings

Oils – olive, coconut, sesame, grape seed,
avocado

To taste

Other nutritionals – sea salt - garlic

Nutritional yeast – B12 (3xs week – 1TBSP)

B-complex supplement

5- servings

Iron rich foods – molasses – nutritional yeast
– seaweed- prune juice – seeds

(pumpkin/sesame)

6-8 8oz. servings

Water

Refer to above food chart

Vegetarian Diet

3-5 servings (3 Vitamin C rich)

Fruits – citrus – berries-

Apples, pears, peaches-

Melons, etc.

3 servings (2 green and 1 yellow)

Vegetables - Dark greens – spinach, collard,
swiss chard, bok koy, kale, beet greens

Leafy greens – leaf lettuces, romaine, sea
weeds

Yellow/orange – peppers- squash – yam

Red – tomatoes –

White – potato – turnips – radish- onions

6 servings

Protein – nuts- seeds(chia or hemp) 1 TBSP-
legumes - nut butters- spirulina or chlorella

4- 8 oz. servings

Dairy products

2 servings

Eggs

5- ½ c. servings

Whole Grains – oats, wheat, rice, quinoa,
millet, barley, rye, spelt, or buckwheat

sparing

Sweetener – honey, molasses, agave, fresh
fruits, coconut milk/water

5- 1tbsp servings

Oils – olive, coconut, sesame, grape seed

To taste

Other nutritionals – sea salt - garlic

5- servings

Iron rich foods – molasses – nutritional yeast
– seaweed- prune juice – seeds

(pumpkin/sesame)

6-8 8oz. servings

Water

Refer to above food chart

Omnivore

3-5 servings (2 Vitamin C rich)

Fruits - citrus - berries-

Apples, pears, peaches-

Melons, etc.

3 servings (2 green and 1 yellow)

Vegetables - Dark greens - spinach, collard,
swiss chard, bok koy,

Leafy greens - leaf lettuces, romaine, sea
weeds

Yellow/orange - peppers- squash -

Red - tomatoes -

White - potato - turnips - radish- onions

6 servings

Protein - nuts- seeds- legumes - nut butters

- dairy - meats

4- 8 oz. servings

Dairy products

2 servings

Eggs

5- ½ c. servings

Whole Grains - oats, wheat, rice, quinoa,
millet, barley, rye, spelt

sparing

Sweetener - honey, molasses, agave, fresh
fruits, coconut milk/water

3- 1tbsp servings

Oils - olive, coconut, sesame, grape seed

To taste

Other nutritionals - sea salt - garlic

1- servings

Iron rich foods - molasses - nutritional yeast

- seaweed- prune juice - seeds pumpkin-

sesame- 4 oz organ meat (liver) 1x a week

½ oz. per lbs. body weight servings

Water

Refer to above food chart

Junk/Processed Food Diet

Add to daily diet

2 servings of fruit

1-2 servings of raw vegetables

2-3 servings of whole grain

1-2 servings of Iron rich food

2-3 servings of good protein

Increase water intake and decrease soda,
processed fruit juices

Jump fresh vegetables or make fruit
smoothies.

Eat healthy choices first

Make one or two changes a week.

Determine what you are willing to try
and then try to implement it.

Replace one fried protein for baked,
roasted, boiled or raw

Remember these changes are for both
you and your baby.

Refer to above food chart for options or
dietary options.

Daily Nutritional Needs

2500-3000 Calories

80-100 grams Protein

1200-1500 mg Calcium

400 mcg Folate

1100-3300 mg Sodium

300 mg Vitamin C

8000-10,000 IU Vitamin D

10 IU Vitamin E

2500-3000 mg omega 3 oil

Methylated B12

Fun easy snacks

2 tsp each chia and hemp seeds

1 c. of fresh or frozen berries mixed together with 1 TBSP of maple syrup

Raw nuts

Pre-cut vegetables

Carrots, cucumbers, celery, tomatoes, peas, peppers

Seasoned and dried

Kale chips, sweet potato chips

Popcorn with nutritional yeast

Apples, oranges, bananas or berries

Easy meals

Quinoa – 2:1 water/grain – cooks 15-18 minutes – substitutes rice – complete protein

Fruit smoothies – add hemp seeds or protein powder – increases protein

Baked potatoes, onions, carrots, and broccoli make a pretty meal

Oatmeal

Talk to midwife about other options using your favorite grains or foods.

Dietary supplementation

2-3 grams of cod liver oil or flax seed oil a day (2500-3000 mg)

Vitamin D – many women are critically low- normal range 30-100- optimal range 75-100 – body stores after 50 – 8000 to 10,000 IU dose

Kelp or sea vegetables for trace minerals and thyroid support

Flax (ground)- for regularity and omega 3s

1 TBSP- 1 oz. liquid or 100mg capsule Chlorophyll a day last month or when anemic (will improve HGB, HCT and platelet count), more as needed

Coconut water with sea salt to balance out electrolytes – healthier than gatorade

Epsom salt baths – for aches, stress, swelling, hypertension, and balancing electrolytes

All of these will benefit women

References

Frye, A. (2010). *Holistic Midwifery- A Comprehensive Textbook for Midwives in Homebirth Practice* (Vol. 1). Portland, OR: Labrys Press.

Lim, R. (2001). *After the Baby's Birth - A complete guide for postpartum women*. Berkley, CA: Celestial Arts.

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