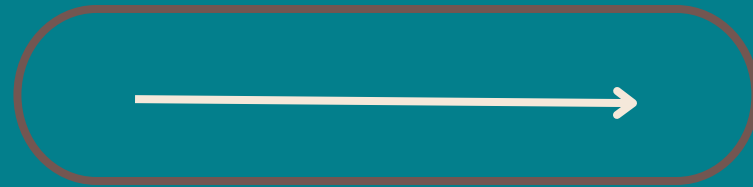


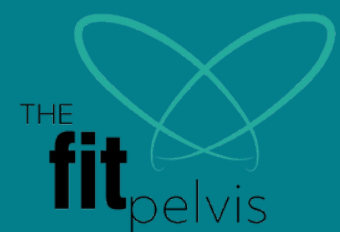
GUIDE TO



NUTRITION

POSTPARTUM

EDITION

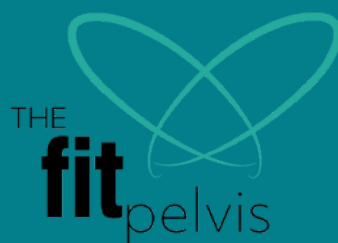


1

Balance

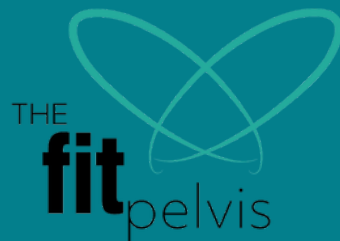
EAT A BALANCE OF
THE 5 MAIN FOOD
GROUPS: PROTEIN,
FRUITS AND VEGGIES,
CARBOHYDRATES,
FATS, AND DAIRY

Pay attention to calorie requirements. Exclusively breastfeeding mothers may need 400–500 extra calories daily to establish and maintain a good flow of milk.





Caloric intake and appropriate macronutrient ranges vary depending on your activity levels, body size, and more.



4

Nutrients

Not getting enough nutrients from a variety of food can lead to:

- malnutrition
- poor milk supply
- low energy
- irritability
- difficulty sleeping
- staying awake
- aggravate postpartum depression

HYDRATE

5

Focusing on continuous hydration can reduce issues like dizziness, headaches, fatigue along with protecting your milk supply.

A good way to gauge hydration is looking at the color of your urine. Pale yellow urine indicates proper hydration while dark-colored urine indicates that you may be dehydrated and need to up your water intake.

Watch Intake

6

Minimize coffee intake and avoid alcoholic beverages, especially if breastfeeding. Also, remember to monitor your fruit juice intake as it can contribute to a lot of excess calories and increased sugar intake.

Continue to take prenatal vitamins for additional nutrient support or talk with your doctor about multivitamins that may better suit your postpartum journey.



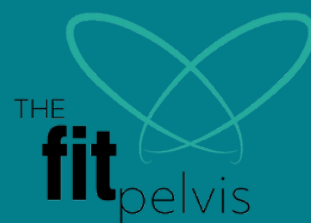
Eat!



AVOID DEPRIVATION AND ALLOW SMALL INDULGENCES EVERY BLUE MOON. ALTHOUGH YOU MAY HAVE A STRONG DESIRE TO LOSE THE BABY WEIGHT AND RECLAIM YOUR PRE-PREGNANCY FIGURE BACK, IT'S BEST NOT TO DEPRIVE YOURSELF.

9

WHEN YOU'RE HUNGRY, YOU WILL FEEL MORE FATIGUED. FEELING TIRED COULD MAKE YOU FEEL OVERWHELMED AND ANXIOUS. EXTREME CHANGES IN YOUR EATING PATTERNS COULD AFFECT YOUR HORMONES AND IMPACT YOUR SLEEP. ALL OF THESE ARE A SLIPPERY SLOPE THAT COULD SPIRAL INTO POSTPARTUM DEPRESSION.



MOST IMPORTANTLY, DON'T RUSH POST PREGNANCY WEIGHT LOSS GOALS AND REMEMBER TO BE KIND TO YOURSELF AND ALLOW ROOM FOR A GRACIOUS RECOVERY. REALIZE YOU HAVE JUST COMPLETED A 9 MONTH MARATHON OF GROWING A BABY, THEREFORE EATING A HEALTHY POSTPARTUM DIET IS CRITICAL FOR RECOVERY FROM PREGNANCY AND CHILDBIRTH.

