

POSTPARTUM NUTRITION SUPPORT

Why Nutrition Matters

The first 6-12 months after giving birth is a lot on the body- both physically and mentally. Not only is your body physically healing, your hormones are working to shift and you're mentally trying to figure out this "new normal." Proper nutrition is so important to help fuel the body through recovery while providing you the nourishment and energy you need to get through daily activities.

For those moms who have experienced pregnancy or infant loss, hormonal changes could be more extreme due to trauma which makes nutrition and lifestyle habits even more crucial to properly support those hormones (especially cortisol, the stress hormone) so that they support your journey as best as possible.

Easy Tips that Could Help You

I know that the postpartum journey is A LOT! Enough so that we tend to put our nutrition (and maybe eating, in general) on the back burner. But its so important to nourish your body as you navigate through this new chapter so that you heal properly and cope in the best way possible. *Note that your eating habits don't need to be "perfect."

KEEP THESE TIPS IN MIND

- Eat every 3-4 hours during the day to maintain balanced blood sugars.
- Include proteins with meals and snacks to support your body recovery (cell synthesis, muscle repair, metabolism support)
- Include a wide range of foods, specifically colorful fruits and veggies to meet your micronutrient needs.
- Stay hydrated! Drink at least half your body weight in ounces of water each day to support energy and body function.
- Continue with your prenatal vitamin.



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Some Easy Balanced Meal Ideas

- Wheat toast + Sliced Avocado + Fried Egg
- Rotisserie Chicken + Minute Brown Rice + Broccoli (the frozen microwavable bags are great!)
- Pre-made Salad bag + Grilled Chicken (can buy frozen strips and grill or microwave)
- Wheat tortilla wrap + Sliced Turkey + Swiss Cheese + Mustard
- 2 Slices Wheat Bread + Canned Tuna + Mashed Avocado + Pickle
- Vegetarian or turkey chili
- One sheet pan meal: 1 pack chicken sausages sliced, 1 bell pepper sliced, 1 bundle asparagus cut, tossed in your fav jarred pesto; bake for 425 for 15 min. *You make a big batch of this to have for the week!

Some Easy Balanced Snack Ideas

- protein bars (Rx, Kind, Quest, Think! Clif filled with nut butter, Luna, etc)
- apple or banana + 1-2 tbsp. nut butter
- string cheese or Babybell cheese with grapes
- multigrain crackers or pretzels with guacamole
- 2-3 cups of lightly salted popcorn
- 1-2 cups of seasoned edamame
- 1/4 cup tuna with whole wheat crackers or celery
- 2 hard boiled eggs + carrots
- Greek yogurt topped with granola or cereal
- fresh fruit + handful of lightly seasoned nuts

From one mama to another, I know this chapter isn't easy. Take these tips and apply what you can, when you can. Give yourself all the grace.

You got this! ♡

For more nutrition support, let's connect!

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