

POSTPARTUM NUTRITION *Checklist*



ELIZABETH SANTOS

Postpartum Nutrition Checklist

Use this daily checklist to help remind you what your body needs while you are healing from birth and / or in early motherhood. Neuroscience indicates that mothers are excellent at caring for themselves during fertility treatments and preconception right through pregnancy, but their focus changes in early motherhood to be laser-focused on the baby! This means extra support is needed for mothers wanting to take care of themselves and eat well. Sometimes the village can help, but when that is not possible other strategies are needed, such as getting someone to hold baby while you batch cook and freeze meals, or ordering some convenience meals. Remember everyone's metabolism is different, so choose foods that your body tolerates. Above all most foods should be WARMING (not raw), MOIST (not dry) and NEUTRAL while breastfeeding (not too spicy, not too creamy or rich, not too salty or sweet.) One-pot meals such as soups and curries are perfect.

DAILY:

- 3-5 serves of protein a day, aim for 1.2-1.5gm / kg of bodyweight
- 1 serve of dark green leafy vegetables
- 4-5 serves of rainbow vegetables
- 2-3 serves of healthy fats (grass fed butter, ghee, olive oil, coconut oil, flaxseed oil, fish oil)
- 2 eggs
- 2 serves of fresh fruit
- 2 litres of filtered water (spring water is ideal)
- 1 handful of nuts and seeds
- 2 serves of wholegrains – quinoa, brown rice or brown basmati, organic rolled oats, sourdough bread
- Protein smoothie with handful baby spinach, frozen banana, organic berries, protein powder (only have smoothies after 4th trimester ends not in first 12 weeks after birth, too COOLING.)

OTHER: spices such as cinnamon and turmeric are warming and anti-inflammatory, black sesame seeds, Chinese red dates, ginger and garlic (small amounts) also aid healing and support digestion.

WEEKLY:

- Lentils or beans 6-7 times a week depending on preference
- Fish 4-5 times a week
- 2-3 cup of home-made bone broth, chicken or beef for gut health
- Grass fed beef 3-4 times a week
- Organic chicken or turkey 4-5 times a week (if you eat meat)
- Organic tofu / tempeh 1-2 x week
- Wakame, nori seaweed 1 serve a week
- Fermented foods – cabbage (sauerkraut – caution if in first 12 months postpartum as babies can react to Brassica family e.g. cabbage, kale, broccoli, brussel sprouts)

Unique Needs of the Postpartum Include: Calcium, Protein, Vitamin D, Iron, Iodine and Choline.

Elizabeth Santos is a physiotherapist, women's health naturopath, nutritionist and researcher, based in Adelaide Australia, consulting online Australia-wide. Visit elizabethsantos.com.au to book your consultation or DM Elizabeth on instagram @mother_journey_project

Disclaimer – consult your health professional for individualised advice, this is a guide only.