

Nutrition in the Postpartum

TIPS & GENERAL GUIDANCE

There are no specific foods that you should have or avoid eating whether you breast or formula feed your baby. However, having wholefoods and a varied diet is highly recommended. You require food rich in healthy fats and high in protein. Some resources on where to find guidance on specific foods is below.

- Meal prep before birth
- If people want to visit or offer you things postnatally, ask for homecooked meals or meal service vouchers
- Eat plenty and often. Snacks are a must
- Having a wide variety of foods if you are breastfeeding will help your newborn get used to many different tastes
- Do not avoid any food groups unless you are intolerant
- Limit caffeine intake to 200-300mg per day, it can affect some babies.

THE GLUCOSE GODDESS

www.glucosegoddess.com

Jessie Inchauspé is a French biochemist and New York Times bestselling author of Glucose Revolution and The Glucose Goddess Method. She is on a mission to translate cutting-edge science into easy tips to help people improve their physical and mental health. Her work centres around the startling discovery about the essential role of blood sugar in every aspect of our lives, and the surprising hacks to optimize it. Jessie is the founder of the wildly popular Instagram account @GlucoseGoddess, where she teaches over two million people about transformative food habits. She holds a BSc in mathematics from King's College, London, and an MSc in biochemistry from Georgetown University.

Books/Audiobooks:

The Glucose Revolution

The Glucose Goddess Method

Nutrition in Pregnancy & Postpartum

MAIA MOTHERS COLLECTIVE

<https://www.maiamothers.com.au/>

Maia Mothers Collective provides comprehensive care and support for women navigating fertility, pregnancy, postpartum, and motherhood. Their services include tailored nutritional guidance, acupuncture, naturopathy, psychology, lactation support, massage therapy, and specialised programs to empower women and promote holistic well-being throughout their journey

THE MATER MOTHER NUTRITION AND DIETETICS

<https://matermothers.org.au/services/nutrition-and-dietetics>

This is the most comprehensive resource that I have come across that covers all things nutrition for pregnancy, including the below topics

- Healthy eating tips for pregnancy
- Food safety and what to avoid eating
- Managing pregnancy discomforts
- Facts on Nutrients Important for Pregnancy
- Vegan and Vegetarian Eating
- Drinks guide
- Healthy weight gain
- Meal plans and recipes