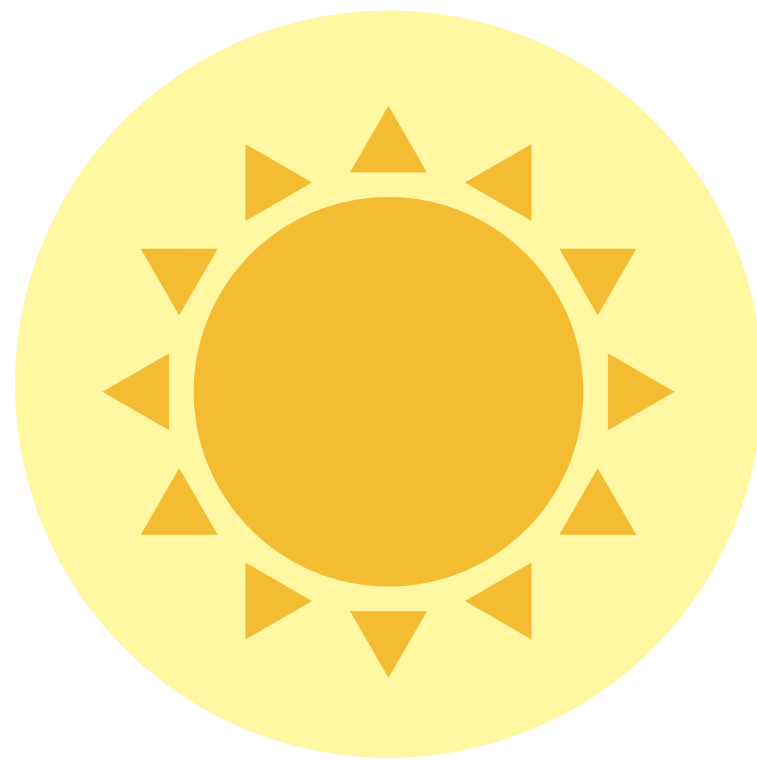


POSTPARTUM NUTRITION

CONGRATULATIONS!

As you welcome your child to the world, there is much excitement and learning. Keeping your baby healthy and happy while balancing life's other responsibilities is not an easy feat. So, it can be easy to forget about taking care of YOU. One of the best ways to care for yourself is by nourishing your body and mind through food. In fact, many cultures honour the "fourth trimester" (first three months after baby is born) with supporting mothers to rest, replenish nutrient stores and bond with baby.



ENERGY

Nourish your body every 2-5 hours. Breastfeeding moms need a little extra, such as adding a bowl of whole grain cereal with milk and fruit. Make use of a crockpot, homemade freezer meals, meal delivery services and generous family members.



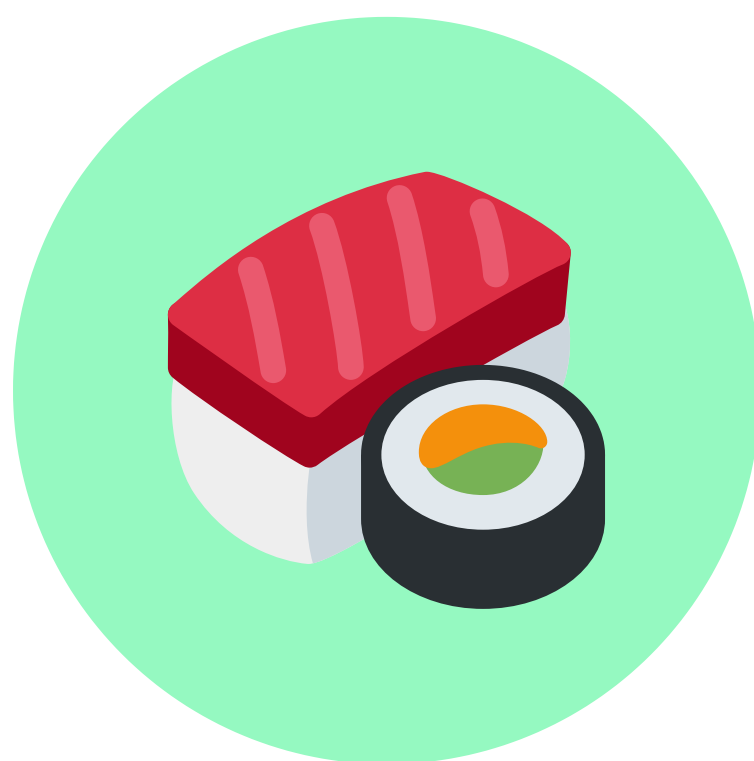
HYDRATE

Feeling dizzy, tired or constipated? Aim for 9 cups of fluid a day (12 cups if breastfeeding). Enjoy water, herbal tea, milk, warm soup and broth, fruit and veggies. Limit caffeine to 400mg/day. (1 cup coffee is 100-200mg; 1 cup tea is 50mg).



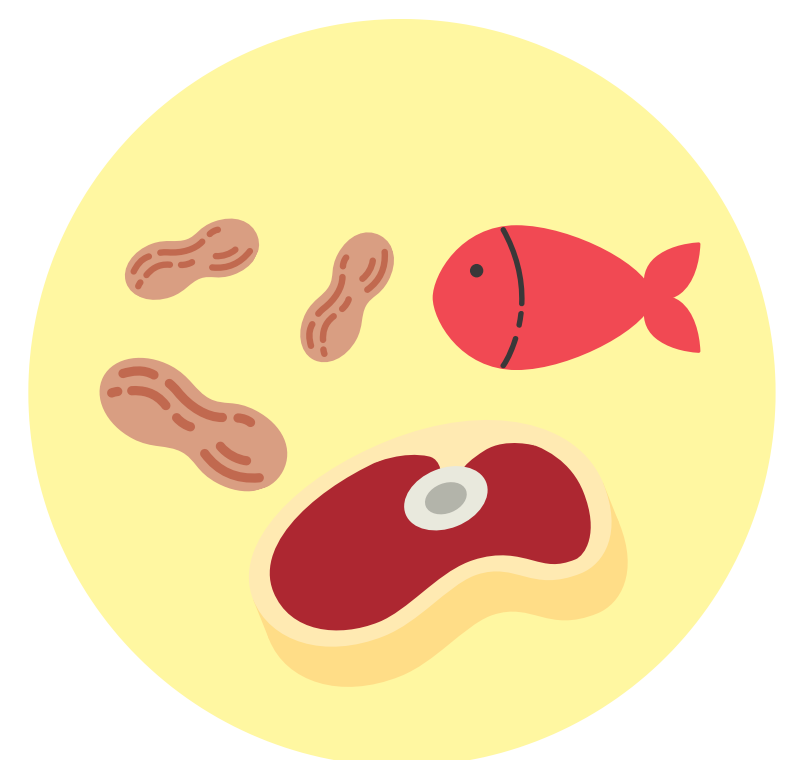
PROTEIN

Your powerhouse for healing your body. Also helps maintain energy and crush food cravings. Try batch cooking chicken noodle soup, boiled eggs, muffin-tin quiche, seafood macaroni, bean burgers, Greek yogurt parfaits, or overnight oats with hemp seeds.



FISH

Aim for 2 servings of fatty fish a week (trout, canned light tuna, salmon, sardines, herring and mackerel). Rich in omega-3 fats to boost brain power and mood. Omega-3s also pass through breastmilk for baby's brain development.



IRON

Boost your energy with meat, fish, poultry, eggs, nuts, seeds, beans, lentils, tofu and fortified cereals. Pair with lemon, orange, pepper, broccoli or tomato. Try the Lucky Iron Fish. Continue with your prenatal vitamins.

POSTPARTUM NUTRITION



CALCIUM & VITAMIN D

Strengthen your bones and teeth, and lower your risk of depressive symptoms. Try a glass of milk with fish, probiotic yogurt parfait, cottage cheese with blueberries, scrambled eggs with mushrooms. Find other foods at unlockfood.ca



CONSTIPATION

Slowly add fibre, plenty fluid and gentle activity to your day. Add oats, fruit, veg, ground psyllium, flaxseed and that favourite prune juice! Don't be shy about using the toddler's squatting stool. Still no relief? Call-a-Dietitian at Telehealth for free at 1-866-797-0000.



FOOD SAFETY

Hooray you can finally enjoy that soft cheese, runny egg and sushi! New moms, even if breastfeeding, no longer have to follow the same prenatal food restrictions as they are no longer at higher risk for foodborne illness. Keep up the good hand hygiene!



MOOD

Pairing protein and whole grains at every meal releases hormones to boost mood and relaxation. Add gentle activity and outdoor time. Feeling blue beyond a couple weeks? Get support early by sharing with your care provider. This is not a character flaw, it is a health condition with treatment options. You are not alone!



BODY RESPECT

Your body has accomplished the incredible task of growing your child! Trust the natural changes in your body and let it take the time it needs to recover. Surround yourself with body kind social media. Enjoy foods that nourish your body and foods that nourish your soul.

RESOURCES

Breastfeedinginfoforparents.ca

Canadian Mental Health Association at cmha.ca

Food-guide.canada.ca

Haldimand Norfolk Health Unit (ie. Healthy Babies Healthy Children Program)

Healthycanadians.gc.ca

La leche league at lllc.ca

Unlockfood.ca

Telehealth for free nursing, breastfeeding and dietitian support 1-866-797-0000

POSTPARTUM NUTRITION

BROCCOLI BITES

- 2 large broccoli crowns
- 1 egg, beaten
- 1 cup grated cheddar cheese
- 1/2 cup oats (large flake or quick oats)

1. Chop broccoli into bite size pieces. Boil for 1 minute (until soft). Drain and let cool. Tip! Steaming instead of boiling uses less water so you lose less nutrients when cooking.
2. Finely chop broccoli using a knife, pastry blender or electric blender.
3. Mix in egg, cheese and oats.
4. Form small patties with hands. Place on parchment paper lined baking sheet.
5. Bake at 400F for about 30 minutes, flipping halfway.
6. Enjoy on their own or with a favourite dip!



PARTY SALSA

- In a large bowl, mix together:
- 1 can mixed beans, drained and rinsed
 - 1 can corn, drained
 - 1 small onion, chopped
 - 1 bell pepper, chopped
 - 1 can diced tomatoes (389ml) , drained
 - Grated cheddar cheese, to taste
 - Herbs to taste (dried or fresh oregano, parsley, cilantro, basil)
 - Catalina Dressing, to taste

Enjoy with tortilla chips or whole wheat pita.

INFUSED WATER

Add fresh or frozen fruit, veg and herbs to help make water your drink of choice! Try blueberry and lemon, strawberry and basil, cucumber and mint, raspberry and fresh ginger, orange and apple.



CARROT SLAW

In a resealable container, mix together grated or matchstick carrots, dried cranberries, sunflower seeds and lemon juice. No need to measure ingredients, just mix to taste! Refrigerate overnight to let the acidity of the lemon juice soften the remaining ingredients. Before serving, top with a few peanuts for crunch. Enjoy as a side dish or a snack-to-go!

RESOURCES

- Bettertogetherbc.ca
- Cookspiration.com
- Ellynsatter.com
- Food-guide.canada.ca
- Jillcastle.com
- Realgoodeats.ca
- Suzannestable.ca
- Therealfoodrds.com
- Unlockfood.ca