

Foods that Nourishing Postpartum Mothers:

For most women, delivery marks the end of nine months when a considerable amount of physical resources are used to grow the baby inside her. Even when we take great care of our bodies, women's bodies are designed to send nutrients to the developing fetus to ensure the best growth for our babies in utero. This can be physically depleting for the mother. Childbirth can extract more resources with blood loss, and then comes the work of developing a milk supply. All this can take a toll on her physical well-being, both in micro and macronutrients.

In the post-partum period, we are starting the rebuilding process of our physical being AND eating foods that nourish our soul through this transitional period.

Physically, we are looking to: reduce swelling, increase hydration, decrease headaches and digestive discomfort, hemorrhoids, and dry eyes. We are looking for foods that support the replenishment of macro and micronutrients so we can feel well in our bodies. Eating well also helps with mood stabilization. We are **not** looking for foods that help us lose the "baby weight." This is a construct that culture places on women, that we have to return to our pre-selves.

Foods that are warm and cooked, such as stews, soups, broths, and cooked veggies with lean proteins, are great postpartum recovery foods because they provide ample nutrition without making the body work overtime to digest them. Limiting raw, cruciferous, and weighty foods in the early recovery phase will help eliminate digestive discomfort and support the system's focus on recovering from pregnancy and childbirth.

Postpartum Nourishing Foods:

- Think of warming foods for this period of time, as cold foods slow down blood circulation and stagnate digestion. Think about the time when you might have had menstrual cramps; you placed a hot water bottle on your belly, and then the relief you felt. This is what we are striving for here.
- Love your fats, especially your omega's. Omegas are helpful with reducing inflammation and enriching your milk supply with nutrients that help your baby's brain grow.
- Observe food that might not be settling for the baby. It has been my personal experience and numerous clients that dairy, as an example, can be unsettling for newborns. Vegetables that are in the cabbage family can also have this effect.
- Stay well hydrated. Drink plenty of room-temperature water. Cumin and fenugreek tea helps you stay hydrated while building your milk supply. Also, consider drinking teas such as Nettle tea, Goji tea, and fennel tea.
- Bone Broths are an excellent source of collagen that aids repair after birth.
- Foods that are supportive of milk production: unrefined carbohydrates that include brown rice, oats, iron-rich leafy greens, goji berries, sweet potatoes, peas, beets, carrots, and lentils.

Foods that are a powerhouse in supporting this transition are sweet potatoes, spinach that is either cooked or thrown into a smoothie, chicken, salmon, eggs, nut butter, spices (such as turmeric, ginger, cinnamon, and cardamom), warm fermented foods such as Kimchi, chia seeds, and goji berries.

THE POSTPARTUM PANTRY

- Iron & Proteins: chicken and vegetable stock, pasture-raised chicken, grass-fed beef
- Omega-3 fats & choline: organic eggs, organic/wild-caught salmon
- Grains, Nuts + Seeds: rolled oats, almond flour, nut butter, whole nuts, ground flax seeds, chia seeds, bread
- Vegetables + Legumes: squashes, sweet potatoes, russet potatoes, leafy greens, peas, celery, cucumber, onions, garlic, avocado, black beans, pinto beans, chickpeas, carrots
- Fruits: melon, berries, apples, pears, watermelon, pomegranate, bananas
- Toppings: Goji berries, raisins, chocolate chips or cocoa nibs, maple syrup
- Fats: ghee, coconut oil, avocado oil, olive oil