



PRENATAL NUTRITION

Session Seven

Special Considerations: Postpartum

Classes featured: Prenatal Nutrition - Postpartum Nutrition

RESOURCES

- Nutrition Needs for Mom
- Supplementation
- Tips if you are breastfeeding





POSTPARTUM NUTRITION TIPS

POSTPARTUM WEIGHT CHANGES

Immediate:

10-13 pounds is lost from the baby, placenta, amniotic fluid, and blood loss

Within 6 to 8 weeks:

- uterus shrinks from 2.5 pounds to 2 ounces
- body weight may decrease another 7-11 pounds

KEY NUTRIENTS TO FOCUS ON

PROTEIN



+

IRON



+

OMEGA-3 FATTY ACIDS



protein & iron help your tissues rebuild + repair

protein goal: 21 grams per meal minimum

iron goal: 9mg per day

eat both plant & animal sources (if able)

anti-inflammatory
(DHA is an omega-3)

sources: low-mercury fish, walnuts, ground flaxseed, chia seeds, hemp hearts

SHOULD I STILL TAKE MY PRENATAL SUPPLEMENT?

General Recommendation:

Continue taking your prenatal multivitamin supplement after giving birth.

If you are breastfeeding:

Continue taking your prenatal multivitamin supplement for as long as you are breastfeeding.



POSTPARTUM CONSIDERATION: PROBIOTICS

BENEFITS

- increases your number of “good gut bugs” that help your immune health, nutrient absorption, & digestion
- helps you have regular bowel movements and prevent postpartum constipation

RECOMMENDED AMOUNT

- start with 5 billion colony-forming-units (CFUs) and increase up to 25 CFUs if needed

TAKING A PROBIOTIC SUPPLEMENT?

- Check the label to make sure it includes multiple strains of both Lactobacillus and Bifidobacterium

Breastfeeding moms

Probiotics you consume are passed through your breastmilk and can help your baby’s immune & digestive systems

FOOD SOURCES



miso



sauerkraut



yogurt



kefir



kimchi