

Postpartum Nutrition

Postpartum Nutrition should be planned for and not left to chance. Nutrition is so important for moms. It can affect your overall well being, recovery and mental health. Think about it, you just did this 9 month race mama! Just like any runner you need to replenish your body. And even more so if you are breastfeeding. Nursing women need about 500 extra calories each day, as well as plenty of protein, calcium and fluids to stay healthy and produce nutritious breast milk.

When pregnant you can prepare some items, store them in a freezer safe container and when ready, heat and eat. Broth based stews and soups with cooked veggies reign supreme. Why? They are easy to make in a pressure cooker or Crock Pot, can lie flat in your freezer and take up less space and the spices just take over the meal and soak in your meat well. (Not a plug at all y'all, I really do find that we use both some days. I love the time that I'm saving.) Throwing a handful of collard or mustard greens in your soup will boost up your calcium. So in one pot you have your protein, calcium and fluids. You also get a yummy meal packed with antioxidants from the veggies.

It's important that you eat some of your warm comfort foods. If you have a nice warm dish that reminds you of home or a special time in your life, make it ahead of time. You are not only healing your body mama, but you're healing your mind and soul. Allow your brain to create these moments of joy while you sip on a tea that's familiar or eat a dish that reminds you of family or an amazing trip. Heal all of you and focus on healing well.

