

# What should a postpartum diet look like?

In the postpartum period, a balanced diet is of utmost importance. Whether the mother chooses a traditional Asian confinement diet or a well-balanced diet advocated by modern nutrition science, it should provide adequate nourishment to help her recover from the physical stresses of labour, regain strength to her pre-pregnancy state and breastfeed her newborn baby.



## My Healthy Plate



A nutritious post-pregnancy diet should follow My Healthy Plate principles, which consists of a balanced diet of the following each day:



Wholegrains



Dairy



Fruit & Vegetables



Protein

## Spices & Herbs\*



A good balance of spices and herbs should be considered in a postpartum diet, as they have their benefits. For example, ginger and garlic are known to have anti-inflammatory properties and can give the mother's immune system a boost. However, they should be consumed in moderation.

## Dietary Supplements\*

Dietary supplements may be beneficial too during the postpartum period, especially for mothers who choose to breastfeed or who have experienced greater than average blood loss during delivery.



\*It is important to seek advice from a healthcare professional before consuming any herbal products or dietary supplements as they may not always be safe or effective.

you've got this!

