

Sage & Cedar



REPRODUCTIVE AND PRENATAL MASSAGE | CHILDBIRTH SUPPORT

FOODS FOR THE LAST MONTH OF PREGNANCY:

Emphasis: Iron, Protein, Healthy Fats

Meats
Avocados
Beets
Seeds/Nuts
Nettle and Red Raspberry Leaf Tea
Dried Apricots
Beans
Oats

FOODS FOR LABOR AND DELIVERY:

Emphasis: Quick, Easy Energy

Honey
Oatmeal
Chia Pouches
Granola Bars
Electrolyte Beverages (Gatorade, Coconut Water, Etc.)
Ginger Tea
Yogurt
Pudding
Jello

FOODS FOR POSTPARTUM:

*Emphasis: Nutrient Dense, Calorie Dense, Iron Rich
(Remember you burn approx. 500 extra calories per day if you are nursing and your body has undergone incredible exertion and blood loss).*

Fresh Fruit
Vegetable heavy soups in bone broth and/or containing meat and/or legumes.
Beets
Spinach
Nettle and Red Raspberry Leaf Tea
Multigrain baked goods (especially those containing seeds, oats, pumpkin, molasses)
Dried Apricots
Seeds/Nuts
Sweet Potatoes

NOTE:

Your body has just undergone a major feat...growing life and birthing it! Be kind to yourself and let yourself indulge! Cinnamon rolls, Taco Bell, pizza, soda...Don't forget to mix rewards in with your healthy foods!

