

# Postpartum Nutrition & Nourishment Guide

## Healing and Nutrition Needs



Your body is actively healing after birth, and your nutritional needs remain high—especially if breastfeeding. Focus on balanced meals with protein, colorful fruits and vegetables, whole grains, and adequate hydration. Small meals are completely acceptable if your appetite is low.

### Build a Postpartum Snack & Care Cart

A rolling cart helps keep essentials within reach while feeding or caring for your newborn. Stock it with items for both baby and mom, plus easy snacks to support steady energy.

#### Baby Items for the Cart

- Diapers
- Wipes
- Burp cloths
- A change of clothes
- Diaper cream

#### Mom's Items for the Cart

- Nursing pads
- A change of clothes
- Water bottle
- Lip balm
- Hand sanitizer
- Hair ties or clips
- Sanitary Pads/Briefs
- Bathing Wipes

#### Shelf Stable Snack Ideas

- Trail mix (nuts, seeds, dried fruit)
- Protein bars (low sugar)
- Whole grain crackers + nut butter
- Instant oatmeal packets
- UnSweetened Applesauce cups
- Roasted chickpeas
- Popcorn
- Shelf stable milk or protein shakes
- Electrolyte packets
- Dates or dried fruit
- Rice Cakes
- Tuna or salmon packets
- Protein Shakes
- Green & Herbal teas
- Beverages

(Links to carts: <https://a.co/d/5NbNLnT> , <https://a.co/d/144pYIK> or <https://a.co/d/3mi3JDE>)

### Small, Frequent Meals

If large meals feel overwhelming, eat a small amount every 2–3 hours. Pairing protein, fiber, and healthy fat helps you maintain energy and mood. Examples include yogurt with fruit, egg bites with veggies, peanut butter toast, hummus and crackers, or cheese with fruit. You can also have your partner pack you a lunch box with some items that require ice packs to have near your nursing station. Having items like cheese, yogurts, and cold fruits will help make sure you're eating adequately and getting in hydration. If you find it hard to remember to eat, grab a bite each time your baby is eating.

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**Purely  
Nourishing  
Doula**

### **Hydration**

Keep water accessible in multiple places to encourage steady hydration. Electrolytes can help support your needs, especially when breastfeeding or sweating frequently. Water, unsweetened coconut water, Body Amor (Lyte), Gatorade (Zero) or any other beverage that you prefer to keep you hydrated. If you had a belly birth (cesarean), avoid using straws to help reduce gas and discomfort. Bring chewing gum to stimulate your digestive system, reduce gas and hinder constipation after baby is born.

### **Constipation**

Constipation is common after birth. Your care provider may recommend stool softeners to avoid constipation. You can also try things such as aloe vera juice. I recommend George's Aloe Vera Juice for a tasteless option. <https://georgesaloevera.com/>

### **A Final Reminder**

Postpartum recovery is not linear. Nourish yourself when and how you can. Small, consistent habits matter far more than perfect meals. You are doing an amazing job! For more information or help reach out to me Your Purely Nourishing Doula at [www.purelynourishingdoula.com](http://www.purelynourishingdoula.com) or via <https://signup.faynutrition.com/book/erika-watson-lawson/d32227> .