

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

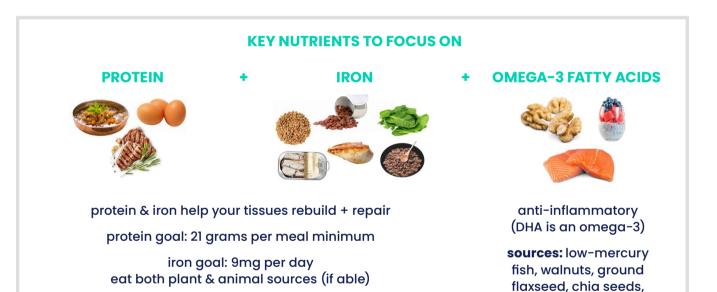
POSTPARTUM WEIGHT CHANGES

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



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.





hemp hearts



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





