

FOOD...for labor and beyond

It is extremely important to eat and drink while you are in labor. You will need some easily digestible foods on hand. We recommend miso soup, broth, fruit, (especially bananas, or low acid fruits. Some women love watermelon in labor,) honey, smoothies, crackers, yogurt and plenty of fluids. Drinks to replace electrolytes are also important. We recommend non-acidic juices like pear juice, Recharge (a more natural form of Gatorade,) coconut water, Smart Water or herbal teas. (Orange and other citrus juices tend to upset the stomach during labor due to their high acidity.) Don't forget your partner, midwives and support people. If it is a long labor, they will need to eat too.

After the birth, it is extremely important to hydrate yourself, regain energy and nourish your body. We recommend that you prepare foods to freeze in advance. A healthy soup with root vegetables or organic chicken can be easy to heat up after the baby comes.

If you have not arranged to have people bring over meals for the first 1-2 weeks, we recommend you have meals prepared and frozen. It is vital that you are well nourished. Good nutrition will ward off infection and post partum depression. For the first 1-2 weeks, mom and baby will need to stay in bed and rest. This rest will speed recovery, help establish a good milk supply, and facilitate family bonding.