



Nutrition for Postpartum Replenishment

Sarah O'Hara, RDN

CALORIES

Your calorie needs for blood repletion, tissue repair, and breastfeeding (if applicable) are higher than before.

Listen to your appetite to guide your intake. I encourage warming foods, hearty proteins/fats, fibre, and plenty of fluids.

COLLAGEN

Beneficial for tissue repair in the 6+ weeks postpartum.

Real Food Ideas:
Bone broths/soups
Slow-cooked meats
Whole chicken (with skin)
Organ meats

FOLATE

Beneficial for blood repletion and increased needs for breastfeeding.

Real Food Ideas:
Leafy greens
Legumes (beans, lentils)
Liver, Nuts + Seeds

IODINE

Important for breast and thyroid health in the weeks and months postpartum.

Real Food Ideas:
Beans
Cod/Haddock
Eggs
Seaweed Snacks
Soynuts

IRON + B12

Essential for blood repletion and tissue repair in the 6+ weeks postpartum.

Real Food Ideas:
Red Meats/Animal Proteins
Leafy Greens
Legumes
Nuts + Seeds

SELENIUM

Beneficial for thyroid health + liver function in the weeks and months postpartum.

Real Food Ideas:
Chia Seeds, Eggs, Nuts
Liver, Meat, Poultry, Fish