

Postpartum Lesson 7  
Postpartum nutrition



# What's included:

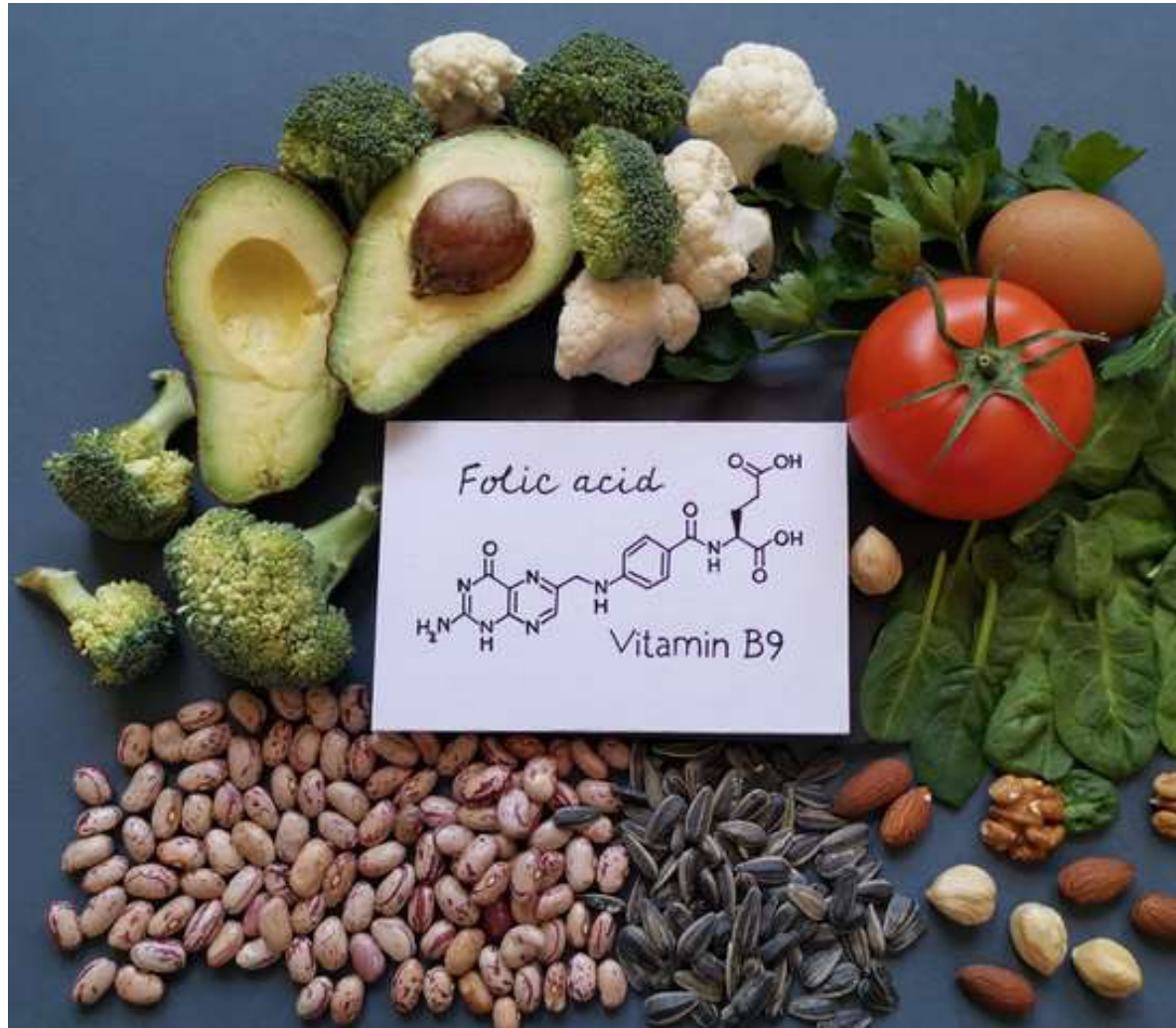
- **Postpartum nutrition**

# Nutritional Guidelines for Postpartum recovery and lactation

- ▶ **Caloric Requirements to lactating woman:**
  - ▶ Energy requirements 23% above the non-pregnant, non-lactating female
  - ▶ An additional 300Kcals/day are needed to sustain milk production and keep up with metabolic demand of nursing
  - ▶ A study from New England Journal of medicine showed a moderate decrease in calories (35% deficiency) did not result in drastic decrease in milk production
- ▶ **Protein Requirements:**
  - ▶ An average of 6% of breast milk is protein
  - ▶ Producing milk increases demand for protein
  - ▶ 65 gm/kg/day during first 6 months of lactation and 62 gm/kg/day during second 6 months of lactation
- ▶ **Fluid Requirements:**
  - ▶ Roughly 87% of breast milk consists of water
  - ▶ Lactating mother secretes 750 ml/day during first 6 months of lactation
  - ▶ An additional 600-700 ml of water per day ABOVE pre-pregnancy consumption is recommended

Nutrition requirements for non-lactating postpartum woman:

- She will have similar nutrition requirements for non-pregnant client with limited nutritional restrictions
- Encourage anti-inflammatory whole foods, this will improve postpartum recovery
- Considering eating to “heal” the body



# Nutritional Supplementation Postpartum

- Prenatal vitamins are continued as long as woman is lactating.
- Same guidelines of herbal supplementation for prenatal and postnatal women.
- Magnesium supplementation  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5525206/>