

POSTPARTUM CARE & NURTURED MOTHERHOOD

Simple Nutrition & Wellness Tips for Lactating Mothers

While welcoming a new baby brings immense joy, adjusting to a newborn's routine leaves new mothers with unpredictable schedules, often compromising their own meals. However, during lactation, your body's daily nutritional requirements are exceptionally high, all while navigating postpartum stress and exhaustion. Here is a practical guideline designed to help you balance your well-being.

1. Avoid Sweets on an Empty Stomach

Resist reaching for sugary treats when intensely hungry. Refined sugar triggers rapid blood spikes followed by sudden crashes, worsening fatigue and irritability.

2. Keep Smart Snacks Within Arm's Reach

Keep a small bowl of almonds, pistachios, walnuts, raisins, and dates right by your bed or nursing station for quick, nutritious energy boosts.

3. Rely on Roasted Mixed Seeds

For a swift, hassle-free evening snack, keep a jar of dry-roasted flax, pumpkin, sesame, and sunflower seeds ready to chew on.

4. The Quick Sattu Relief

When there is absolutely no time for a heavy breakfast, a quick glass of Sattu (roasted gram flour) drink provides clean energy, keeping you full for at least 2 hours.

5. Mid-Morning Yogurt & Chia

Mix chia seeds with yogurt for your mid-morning snack. This keeps your digestive system cool and ensures your energy won't drop even if lunch is delayed.

6. Stay Hydrated While Nursing

Always place a bottle of water right next to you before you begin feeding. Nursing naturally triggers thirst, and keeping water visible ensures you meet your daily fluid intake.

DEBUNKING A COMMON MYTH: MATERNAL GAS VS. BABY'S DISCOMFORT

Many mothers are incorrectly told that if they experience gas or acidity, it passes through breast milk and affects the baby. ****This is scientifically incorrect.**** There is no direct physiological link between the mother's gastric acidity and the baby's digestive gas.

The real link is deep Emotional Attachment. When you suffer from physical discomfort, you naturally feel exhausted and uneasy. Your baby absorbs this subtle restlessness and lacks the comfort they usually feel from you, leading to fussiness. Listen to your body, eat mindfully, and remember: taking care of yourself is taking care of your baby.

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