

POSTPARTUM CHECKLIST



FOOD GROUPS

- ☐ Fruit: 2 serves per day
- ☐ Vegetables: 7.5 serves per day (5 if not breastfeeding)
- ☐ Dairy/alternatives: 2.5 serves per day
- ☐ Meat/alternatives: 2.5 serves per day
- ☐ Wholegrains: 9 serves per day (6 if not breastfeeding)
- ☐ 14-20g Extra oils and nuts
- ☐ Focus on daily eating patterns:
 - 3 main meals + 2 snacks
- ☐ Include prebiotic foods

SUPPLEMENTATION

- ☐ Folate: 400mcg supplement
- ☐ Iodine: 150mcg supplement
- ☐ Consider a *postnatal multivitamin*
 - To meet increased micronutrients needs:
 - B12, Niacin, Choline, Zinc, Iron (will likely include Folate and Iodine – check label)
- ☐ Omega-3 fatty acids: 650mg per day
 - Salmon, sardines, tuna, flaxseed
 - OR > 550mg long chain omega-3 fatty acids per day through supplementation OR algae oil (vegan)
- ☐ Iron supplementation based on individual blood results
- ☐ Probiotics to optimise microbiome
 - Bifidobacterium infantis and Lactobacillus rhamnosus HN001 for reducing risk of mastitis
- ☐ Consider calcium supplementation
 - If low intake of calcium foods eg dairy free
 - Dairy foods, fortified plant milks, sardines, salmon, tofu and leafy greens

FLUIDS

- ☐ Fluid: 2.6L per day
- ☐ Caffeine: 200mg per day or less
- ☐ Alcohol: If breastfeeding, limit to 1-2 standard drinks per day, consume after breastfeeding (ensure breastfeeding is established)

WOUND HEALING

- ☐ Warm, easily digestible foods high in protein
 - Chicken soup, lentil and vege soup, beef stew, miso soup, fish broth, ghee, dates, ginger
- ☐ Vitamin C: 100mg/day
 - Citrus fruits and juices, strawberries, tomatoes, tomato juice, capsicum, potatoes, spinach, broccoli, cauliflower, brussel sprouts, cabbage.
- ☐ Vitamin A:
 - Dark green leafy vegetables, oranges, red fruits, liver, milk, cheese, eggs.
- ☐ Vitamin D: 5µg/day
 - Flesh of fatty fish, fish liver oils, beef liver, egg yolks, and cheese
- ☐ Zinc:
 - red meats, fish and shellfish, milk products, poultry, eggs, lower amounts in peas, red lentils, cashewnuts, chickpeas, pumpkin seeds.
- ☐ Iron:
 - Red meat, offal, fish, eggs, wholemeal bread, dark green leafy vegetables, dried fruits, nuts, yeast extracts, tofu, quinoa.
- ☐ L-Arginine – Supplementation(9g/d)
 - White meats, spirulina, and pumpkin seeds
- ☐ Selenium
 - Brazil nuts (1-2 daily), eggs, seafood, grains