

Postpartum Nutrition Checklist



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hello there!

If you already have your baby in arms, I want to wish you a huge congratulations!!

I'm Tazmin, a Specialist Prenatal & Paediatric Dietitian, mum of two, breastfeeding peer supporter and your go to person for nutrition advice! After several years working in pregnancy nutrition, I know how confusing it can be.

In 2019, when I was pregnant and gave birth to my first daughter, I realised how overwhelming pregnancy and well overall motherhood can be. That's why I founded Bloom Dietetics and also pivoted my NHS career to also work in paediatrics - to help women like you navigate this journey with confidence and clarity.



Once your baby is born, it is still incredibly important to look after yourself. Your body has done something *amazing* and deserves nourishment and care. Nutrition can help you recover, maintain energy levels and support lactation. Taking care of yourself is also taking care of your baby. I'm here to advocate for your health and well being, ensuring you and your baby thrive during this beautiful rollercoaster postnatal journey,

Tazmin

Postpartum Nutrition Daily Checklist

Protein

Sources include chicken, beef, pork, fish, eggs, nuts, seeds, legumes, cheese and yoghurt

Iron

Sources include liver, chicken, beef, eggs, kidney beans, spinach, tofu, dried apricots and fortified cereals

Fruits & Vegetables

Sources include all fresh, frozen, canned fruit & vegetables.

Vitamin C

Sources include oranges, kiwi, strawberries, tomato, bell pepper, okra and sweet potato

Zinc

Sources include beef, chicken, shellfish, tofu, beans, hemp seeds, cashews, milk, yoghurt and cheese

Wholegrains

Sources include brown/red rice, quinoa, barley, bulgur wheat, and oats.

Calcium

Sources include dairy, fortified non dairy products, calcium fortified tofu, sardines, beans, lentils, bok choy, sesame, almonds, and kale.

Omega 3

Sources include salmon, sardines, anchovies, herring and mackerel

Choline

Sources include liver, beef, salmon, eggs and soya

Iodine

Sources include cod, dairy and fortified non dairy products

Supplements

You may find taking a multivitamin helpful to fill in nutritional gaps. At a minimum those living in the UK should take 10mcg Vitamin D

Fluids

Sources include all drinks such as water, tea, coffee, milk and juice

Tick it off as you go!



Let's Get Started!

Thank you so much for taking the time to download this checklist! I hope you've found it helpful and that it helps to support your postnatal journey. Remember, every motherhood experience is unique, and you're doing an amazing job navigating yours.

As a Specialist Dietitian passionate about prenatal and paediatric nutrition, and a mother of two, I understand the unique challenges and joys of this time. From postpartum recovery to managing sleepless nights and breastfeeding, I'm here to support you every step of the way.

Consider me your advocate, cheerleader, and trusted resource for all your nutrition-related questions. I invite you to reach out and book an appointment for personalised advice tailored to your specific needs and goals. Let me accompany you during this precious journey, keeping you motivated and supported. Together, we'll ensure you feel empowered and confident throughout your postpartum period and beyond.

Let's embark on this journey together! Book a Free Discovery Call now!

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