



WHAT TO EAT AND DRINK IN LABOUR

Make sure your fridge is stocked from 37 weeks onwards- you never know when baby might come. Include foods that you particularly enjoy- but remember, during labour your body's ability to digest fats and proteins dramatically decreases. Your uterus is a large muscle, and needs a steady supply of simple carbohydrates to function effectively in labour. Your care-provider or nurse may encourage the consumption of certain foods and drinks to correct "ketosis" and keep your body working well.

Pre-Labour (when your contractions are irregularly spaced and inconsistent in length)

- Cereal with milk and sugar
- Hot Milk with Honey to help with sleep
- Toast with Honey or Jam
- Yogurt with fruit
- Light, nourishing soups with bread

* NOTE: you may feel nervous, but eating still important—you will need energy for the marathon ahead. Eat slowly and consciously.

Active Labour (You have been admitted to the hospital and your contractions are now frequent, long, and strong)

*You may not feel like eating, though you may if you want to. You do, however, need to keep drinking fluids.

- Drink 6-8/0z of fluid every hour
- Labour-aide or other drinks that are high in electrolytes
- Water
- Broth or Miso Soup

Labour-Aide Recipe:

2 bags red raspberry leaf tea
2 cups coconut water
2 cups hot water
¼ cup honey (pasteurized)
½ cup Lemon or Lime Juice
1 pinch sea salt

Early Labour (When your contractions are coming consistently but they are not yet long enough or uncomfortable enough for you to go to the hospital)

- Popsicles
- Jello
- Broth or Miso Soup
- Smoothies

*Eat and Drink small amounts, but do so regularly

Immediate Postpartum (right after the baby is born and once any bleeding has slowed)

- Warm Fluids
- Rehydration fluids to help with the shaking sensation which can be common
- Toast with peanut butter
- Anything you are craving!

It is never a bad idea to pack something to store in the fridge as a celebratory beverage for after the baby is born. Treat yourself—you will have earned it!