

Post Pregnancy Nutrition

Nutrition Knowledge

Eating a balanced diet and keeping active during and after pregnancy will help you regain your pre-pregnancy figure quicker. Here are some top tips on getting your body back after giving birth.

Once breast feeding is established (usually after six weeks), be as active as possible without wearing yourself out.

The idea that women who are breast feeding need an extra 500 calories a day is outdated. Your body will have prepared for this naturally by laying down extra fat stores.

Eat sensibly and concentrate on getting the right nutrients: plenty of protein (lean meat, fish including salmon, mackerel and sardines, eggs, beans, lentils, nuts), calcium (from milk, yoghurt, cheese, canned sardines, crab and salmon) and iron (from lean meat, beans, lentils, fortified breakfast cereals and green leafy vegetables).

Make sure you drink plenty of fluids – 6-10 glasses a day. Breastfeeding takes an extra 500 – 600 ml (1 pint) a day.

“Having a new baby in the house is an amazing experience, but one that can leave you with little time to spend on taking care of yourself. Eating well and thinking about your own health at this time is vital though and can be quicker and simpler than you think.



Being a mum is hugely rewarding, but can be exhausting too - and a healthy diet will help to refresh and strengthen your body and mind. Although it can be tempting to diet in order to get your pre-pregnancy figure back, you should take it easy. Never skip meals, and never starve yourself. Eating sensibly and concentrating on getting the right nutrients is the best way to reach your target weight in a safe way. Try to include plenty of protein, calcium and iron in your diet. Lean meat and fish including salmon taste great with steamed green vegetables or salad, as well as giving you plenty of fuel for keeping up with your new arrival. Don't forget that if you have chosen not to breastfeed you should try to be more active than usual to shift the fat stores.”

Eat at least 5 portions of fruit and vegetables each day.

Never skip meals and never starve yourself.

Consider taking a well-balanced multivitamin and mineral supplement

Creole Rice with crab

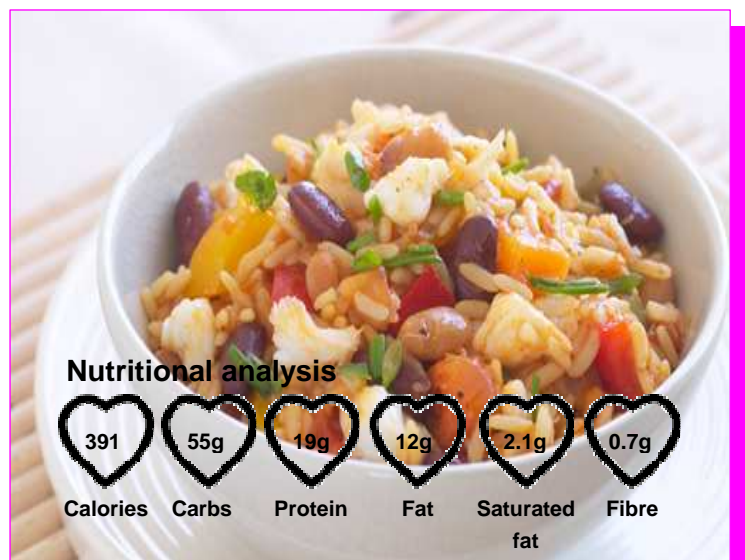
Makes 4 servings

- 2 tablespoons (30 ml) extra virgin olive oil
- 1 onion, chopped
- 3 peppers (one of each colour - red, yellow, green), deseeded and diced
- 200 g canned vegetable chilli
- 200g canned tomatoes
- 225 g (8 oz) long-grain rice
- 600 ml (1 pint) vegetable stock
- 1 teaspoon (5 ml) fresh chives, chopped
- 1 teaspoon (5 ml) fresh parsley, chopped
- A little low-sodium salt and freshly ground black pepper, to taste
- 1 x 212 g can crab in brine, drained

Heat the olive oil in a heavy-bottomed pan. Add the chopped onion and peppers and cook over a moderate heat for about 5 minutes until the vegetables are just softened.

Stir in the chilli, tomatoes and rice. Stir for a minute or two until the rice is shiny and coated in oil.

This information has been taken from the Everyday Nutrition wall chart - available free from Canned Food UK by calling 0800 243364 or from www.cannedfood.co.uk. Everyday Nutrition has been produced by Canned Food UK, a consumer food organisation which is devoted to promoting the benefits of canned food. Media can reproduce Everyday Nutrition content or set up interviews with Philippa Forrester or Anita Bean by contacting Canned Food UK's PR team c/o Harrison Cowley on 0121 236 7532. Further information and high quality images can be found at www.cannedfood.co.uk



Add the vegetable stock, bring to the boil then simmer for 25 minutes or until the rice is cooked.

Stir in the chives and parsley and season to taste with salt and pepper.

Roughly flake the crab into the rice mixture and heat for a few minutes.