

Foods to eat after your delivery

After your delivery it is natural for you to focus all your attention on your [newborn baby](#). But try to look after yourself as well by paying attention to your diet.

Eating right can go a long way in helping you get back your strength and energy. After all, your baby needs a strong and healthy mum. And if you are breastfeeding, what you eat [passes on to your baby](#) through your milk. So all the more reason to eat well!

Your family and friends may have a lot of well-meaning advice about the foods you should have while you recover from the delivery.

Traditionally, during confinement, women have been given high-calorie food like full cream *milk*, *butter*, *ghee*, dried fruits and sugar. While you do need [extra calories if you are breastfeeding](#), you can get the vital nutrients in a way that doesn't necessarily mean piling on fat as well.

We have rounded up a few foods traditionally given during [confinement](#) that are rich in minerals and vitamins that you need to recover from childbirth. Read on to find out what traditional confinement ingredients are particularly nutrient-rich and how you can eat them:

Oats *dalia*

Oats are an excellent source of iron, calcium, fibre, carbohydrates and proteins. As oats are high in fibre, they can also help keep constipation at bay. The most common way to have oats is to cook it in a pan and have it with milk, nuts and dried fruit. You can add chopped fruits like bananas (*kela*), apples (*seb*) or mango (*aam*) to increase the nutritional value or make savoury versions like oats *upma* or *khichdi*. There are also several quick cooking varieties that you can choose from.

Turmeric (*haldi*)

Turmeric contains vitamins B6 and C, fibre, potassium, magnesium and manganese. So, it is packed with essential vitamins. Not only is it a standard ingredient in Indian cooking, it has been used for centuries to heal external and internal wounds. There is some evidence to suggest that turmeric helps to reduce inflammation. It may also help in healing post pregnancy wounds and cure stomach disorders, although evidence is limited to support this. You can add about half a teaspoon of turmeric to a [glass of warm milk](#).

Dry ginger powder (*saunth*)

***Saunth* contains fibre, vitamins B6 and E, iron, magnesium, potassium, selenium and manganese. It is a commonly available ingredient whose supposed health benefits include anti-inflammation. In North India, *saunth ke ladoos* are common. In South India, chutneys are made from it. You can choose to add just a little dry ginger powder to your meals.**

Carom seeds (*ajwain*)

It is traditionally believed that *ajwain*, a good source of thymol, not only soothes pain from gas and indigestion, but also cleanses the uterus. There is not much evidence to support this belief, but thymol is known to have antioxidant, antibacterial, antifungal and antiseptic properties. You can make a range of

dishes with *ajwain* from *paranthas* to *halwa*, or you could simply add it to your food as an extra seasoning. Some also make it a point to drink [ajwain water](#) every day.

Finger Millet (Mandua)

Finger millet, *mandua* or *ragi* is an excellent source of calcium and iron, both of which you need in plenty after giving birth. It can help you regain strength after childbirth, and is a good alternative for mums who are allergic to milk and dairy products. You can use finger millet to prepare *dosas*, *idlis*, *rotis* and *halwas*.

Almonds (Badam)

Almonds are rich in carbohydrates, fibre, vitamin B12 and E and contain minerals like magnesium, copper, manganese, potassium, calcium and zinc. As there are so many nutrients packed into an almond, it's an ideal food to have while you [recover after childbirth](#). Almonds can be used in many recipes such as *badaam milk*, *sheera*, *halwa* and so on. If you aren't in the mood to cook they make a great snack to munch on!

Green Vegetables

Green vegetables are a great source of iron, which you will need to help you recuperate. Consider eating spinach (*paalak*), beans (*frans been*), lotus stem (*kamal kakri*), fenugreek (*methi*) leaves, apple gourd (*tinda*), pointed gourd (*parwal*) or other such [green seasonal vegetables](#).

Fenugreek (Methi)

Methi seeds are a great source of iron, calcium, vitamins and minerals. They are commonly considered to help prevent back and joint pains though there is little evidence to support this. You can use them while cooking *dal*, vegetables, *pooris* or meats. [Fenugreek \(methi\) tea](#) is also a popular drink for breastfeeding mums.

Black And White Sesame Seeds (Til)

These small, flat seeds are high in calcium, iron, copper, magnesium, and phosphorous. With all these nutrients, [sesame seeds](#) or *til* are good to help replenish the body of essential minerals. They are also popularly considered helpful in regulating bowel movements. In North India, *til ke ladoo* are popular but there are many other sweets made of til such as *til patti*, *rewri* and *chikki*.

Whatever you choose, make sure to have a [well balanced diet](#) with all the required nutrients. It's best to run your meal plans past your doctor. And if your doctor feels you need them, she might prescribe vitamin or iron supplements.

Food That Help increase breast milk.

It's quite normal to worry about your milk supply when you start [breastfeeding your baby](#).

You may be wondering if your body is producing enough milk to meet your [baby's growing needs](#) or if there is anything else you can do to boost your milk supply.

Certain foods are popularly believed to increase the supply of [breastmilk](#) and some are even backed by research.

However, do consult your doctor before taking any herbal drinks or preparations or making any changes to your diet. And as with all herbs or natural remedies, moderation is key. Food know to help increase breast milk.

- **Fenugreek seeds (*methi*):** *Methi* seeds have been used for ages to increase breastmilk supply and now there is research to back this ancient belief. Research has shown that fenugreek or *methi* increases milk supply. Some doctors say that if you include *methi* in your diet, you will have an increased supply of milk within a week. Besides, fenugreek seeds are a great source of iron, calcium, vitamins and minerals.

But be careful not to consume too much as it is a mild diuretic and you may end up losing a lot of water. **Fenugreek tea (*methi ki chai*)** is a popular drink given to new mothers. *Methi* is can be added to many dishes, especially vegetables, and meat dishes and can also be used while making ***paranthas and pooris*** or stuffed *rotis*.

- **Fennel Seeds (*saunf*):** Studies have found that fennel seeds increase milk supply. Some doctors also say that fennel seeds help prevent colic in your baby. They are rich in vitamin C. Besides, they are a good mouth freshener and aid digestion. Fennel seeds can be added to vegetables, rice preparations, *dals* and desserts. In many traditional homes **fennel water (*saunf ka pani*)** and **fennel tea (*saunf ki chai*)** are given regularly to new mothers.

- **Garlic (*lehsun*):** Among its many curative properties, garlic is said to help in increasing breastmilk supply. Studies have shown that the infants of mothers who eat garlic tend to feed for a longer time, and many babies seem to like the flavour in breastmilk. Though garlic can be eaten on its own, you may find it more appetising when used as a condiment in *dals*, meats, vegetables, pastas and pickles. **Garlic milk** is a popular traditional post-delivery drink given to nursing mums.

Food traditionally believed to increase milk supply

Though there isn't any scientific research to back the following foods, many mothers swear by them and say they were helpful in increasing breastmilk supply:

- **Cumin seeds (*jeera*):** As well as stimulating milk supply, cumin seeds are said to improve digestion and provide relief from constipation, acidity and bloating. They are also a source of iron to help you gain strength after birth. Cumin seeds are an integral part of many Indian dishes. You can roast them and add them even to snacks, *raitas* and chutneys or drink **cumin water (*jeere ka pani*)**

- **Black sesame seeds (*til*):** Black sesame seeds are an excellent source of calcium and are believed to help increase milk supply. These seeds contain many other beneficial nutrients like copper. You can try *til ke ladoos* and use black sesame seeds in foods like *pooris*, *khichri*, *biryani* and lentil dishes. Some also prefer to use white sesame seeds in *gajak* or *revdi*,

- **Holy basil (*tulsi*):** *Tulsi* has been traditionally used to help cure a number of ailments. It's a great source of vitamin K. In addition to improving your milk supply, it is believed to have a calming effect, improve bowel movement and promote a healthy appetite. Add the leaves to cooked vegetables and soups. Or you can make a hot drink out of them by boiling them in water and drinking the ***tulsi tea (tulsi ki chai)*** with honey.

- **Dill seeds (suwa):** Dill is a good source of iron, manganese and calcium. It is believed to improve milk supply, digestion and sleep. Dill is a mild diuretic and should be consumed in moderation. You can use dill seeds whole or ground in many foods such as pickles, salads, cheese spreads and curries. *Dill tea (suwa ki chai)* is a popular postnatal drink.

- **Carom seeds (ajwain):** Carom seeds are believed to help in cleansing the stomach and aiding digestion. Carom seeds can be used while cooking vegetables, in *raitas*, stuffed *pooris* and *paranths* or making *ajwain ka pani*. A drink made of **carom and fennel seeds (saunf aur ajwain ka pani)** is believed to increase lactation and improve digestion.

- **Green and gourd vegetables:** Vegetables from the gourd family like bottle gourd (*lauki*), apple gourd (*tinda*) and sponge gourd (*ton*) are a traditional foods that may help improve milk supply. Not only are these vegetables nutritious, they are also easy to digest.

Green vegetables like beans (*frans been*), spinach (*paalak*), fenugreek (*methi ka saag*) and asparagus (*soot mooli*) are an excellent source of minerals and vitamins as well as phytoestrogen which is believed to enhance lactation. Cook these vegetables with spices or make snacks like *thepla*, vegetable *poha* or *idlis*.

- **Pulses or lentils (dals) :** Pulses, especially red lentils or *masoor dal* are not only believed to improve milk supply but are also high in iron and fibre. Use a pressure cooker to prepare them to save time and add spices and condiments of your choice.

- **Red vegetables:** Carrots (*gajar*), sweet potatoes (*shakarkandi*) and beetroot (*chukandar*) for example are high in beta-carotene, which is beneficial for your baby if you are breastfeeding. Beets and sweet potatoes are high in iron and help to maintain the liver. Carrot seeds have been known to improve milk supply. You can include them in salads, soups, porridge, meat dishes or desserts like *gajjar ka halwa*.

- **Nuts and dried fruits (meva):** Almonds (*badaam*) and cashews (*kaju*) are believed to boost breastmilk production. They make an excellent snack and easily available or you could blend them with milk to make delicious *badaam milk* or *kaju milk*. You can also add them to sweet and savoury dishes to boost their flavour. Some dried fruits and nuts are also used to make **traditional foods** such as *panjiri*, *laddoos* and *halwa* for breastfeeding mums.

- **Oats and porridge (daliya):** Oats are a great source of iron, calcium and fibre and are popular with nursing mums. Broken wheat (*daliya*) is another nutritious option. They are commonly **eaten as porridge** and you may choose to add nuts, milk, spices or fruits to improve the nutritional value.

- **Oils and butter:** Certain fats from oils and butter are healthy. Oils like olive oil, flaxseed oil and sesame oil are healthier oils believed to aid breastfeeding. Butter, coconut oil and *ghee*, when consumed in moderation, can boost energy. Use them to cook or just drizzle some over *chappatis*.

- **Drink 10-12 glasses of water** - **breastmilk is liquid** after all so you need the regular intake of fluids to produce it. A good way to keep up your liquid intake is to drink a glass of water every time you feel thirsty. As most breastfeeding mums, you will soon find that you get thirst with every feeding session. This is because as you feed, your body secretes a hormone that makes you thirsty.

आध्यात्मिक-सर्वदुःखनाशकं (शिशु और माँ अलग व्यक्ति)