

# Food Recommendations for Better Sleep during Postpartum

Sleep deprivation is one of the main problems that new mothers face after delivery. Whether it is because of feeding your child every two hours, taking care of a child who refuses to sleep all night, fluctuation of hormone in or because of living in an uncomfortable and unfamiliar body, sleep is the first thing that is hampered for a woman.

Although sleep deprivation goes away with time, there are some ways that you can help the situation. In fact, there are some special food and drink that you can consume to help you sleep better during postpartum.

## Balanced Diet for Women During Postpartum

It is critical that new mothers and women recovering from childbirth get good nutrition from everything they eat. Although very few food are restricted during this time, it is important that only the most nutritious ones are chosen.

A balanced meal for women during postpartum should include plenty of lean protein meats, low-fat or fat-free dairy and high-fiber food, as well as plenty of vegetables, leafy greens and fruits.

Most of your fat sources should come from healthy fishes, vegetable oils and nuts, instead of butter, shortening or lard. Anything that is packaged, processed or has preservative in them should be avoided as much as possible, as they would lead to rapid weight gain and almost no nutritional value. Added sugar, sugary desserts and sugary drinks should also be limited, if not completely avoided.

Finally, any kind of caffeinated drinks should be avoided for better sleep.

## Best Food for New Mothers during Postpartum

Both for sleeping well, for rapidly recovering and for nutrition, there are some super foods that will help a new mother.

- **Salmon** is a powerhouse of nutrition, especially for new mothers and breastfeeding women. An average of two servings every week is the recommended amount of salmon.
- Low-fat dairy products such as **yogurt, milk and cheese** are also quite helpful for postpartum. They'll not just help you sleep better but also in producing adequate breastmilk.

- **Lean beef** is also quite beneficial, especially since it contains a good amount of iron.
- **Legumes** are also a great source of plant-based protein, especially **kidney beans and black beans**.
- **Oranges** are filled with energy and Vitamin C, and they promote better sleep.

Besides these superfoods, it is important to always eat nutritious meals, drink plenty of water and avoid anything that is likely to give you indigestion and heartburn for better sleep.

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