

health snacks for labour

And some that are just too good to pass up

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Staying hydrated and keeping your energy up during your labour is going to make a world of difference.

Studies have shown that pregnancy is the equivalent to running a marathon; for 40 weeks. So when it comes to labour and delivery, there is no reason why you can't eat a few healthy snacks to keep up your energy.

Being properly hydrated and nourished can have a positive effect on your labour; you won't tire as easily and may help keep up your stamina. A poor diet or lack thereof during labour can have an ill-effect which can stall or prolong labour. Here are a few tips and tricks along with a few recipes to get your creativity in the kitchen flowing.

Drinks for Labour

Don't overthink it, water, apple juice, gatorade, or coconut water. If it's not something you'd normally drink, don't do it.

Is water too boring for you? Add lemon slices, or cucumber to change the flavour.

Keep the fizzy drinks in the fridge, they can make you feel nauseous or heartburn. Save those for post labour when you can toast your new bebe.



Eating for Energy

In the early stages of labour, don't change your eating habits. Eat what you'd like, don't over think it. If you're having an at home birth hopefully your kitchen is stocked with the essentials so you can grab what you're feeling.

Labour is like a sporting event. Played sports growing up? Coach always told you water, water, water, and then it was all about the carbs. Foods that will release energy slowly, nutritionally dense and easy to digest.

Think pastas, oats, rice, wholemeal breads, and crackers.

Don't go for the heavy meals, choose the smaller snacks that pack a punch.



Snacks to eat in early labour:

Fruits	Veggies	Crunchies	Sweets
Bananas, apples, melons, berries, strawberries, grapes	Cucumber, carrots, celery, sweet peppers	nuts & seeds, trail mixes, crackers	Dried fruits- raisins, cranberries, dates, apple chips, apricots, mango
Frozen grapes	Humus, salad dressing for dipping	Granola Bars, Barks	honey, date jam, dark chocolate
Add a nut butter with apple or banana slices			Yogurt- top with berries & granola & honey

Soups for easy consumption/ easy digestion.

Soup	Recipe	Directions
Butternut Squash Soup	<p>2 tbps olive oil</p> <p>2lbs butternut squash chunks</p> <p>4-6 cloves garlic</p> <p>1 onion, in chunks</p> <p>salt & pepper to taste</p> <p>4 cups of veggie broth</p> <p>¼ tsp ginger</p> <p>¼ tsp nutmeg</p> <p>1 can full-fat coconut milk</p> <p>1 tbps maple syrup</p>	<p>Preheat oven to 425.</p> <p>Add butternut squash, onion, garlic to a pan, toss with olive oil salt & pepper. Roast for 45 minutes.</p> <p>Add to a blender and add broth, spices, maple syrup and coconut milk until smooth.</p>
Lemon & Rice Soup	<p>2 tbps Olive Oil</p> <p>1 cup dices white onion</p> <p>1 ½ cups diced carrots</p> <p>3 stalks celery, chopped</p> <p>1 tsp salt</p> <p>2 bay leaves</p> <p>4 cups veggie broth</p> <p>½ cup short grain rice</p> <p>1 cup water</p> <p>¼ tsp pepper</p> <p>¼ cup lemon juice</p> <p>½ cup chopped fresh parsley</p>	<p>Heat large soup pot to medium, add olive oil, onion, carrots, and celery</p> <p>Add salt & sauce for 5 minutes. Add bay leaves, veggie broth, rice, and water</p> <p>Bring to a boil, then cover & simmer. Cook for 30 minutes or until rice is tender.</p> <p>Remove bay leaves.</p> <p>Add pepper, lemon juice & parsley.</p>

Sandwiches. "Meat & Buns!" **your girl used to work at Quiznos so I know my sandwiches**

Sandwich	Recipe	Directions
Veggie Sandwich	<p>Hummus</p> <p>Choice of arugula, spinach or romaine</p> <p>Cucumber slices</p> <p>Avocado slices</p> <p>shredded carrots</p> <p>dijon mustard</p> <p>favourite bread, bagel or wrap</p>	<p>Add all ingredients to your sandwich vessel, be cool and cut into triangles.</p> <p>Enjoy!</p>
Eggless Egg Sandwich	<p>1 block firm tofu</p> <p>¼ cup mayo</p> <p>1 tsp dijon mustard</p> <p>1 tbps yellow mustard</p> <p>2 tbps lemon juice</p> <p>1tsp numeric</p> <p>½ tsp garlic powder</p> <p>½ tsp garlic powder</p> <p>Salt & pepper to taste</p> <p>¼ diced onion</p> <p>⅓ cup diced celery</p> <p>¼ chopped fresh chives</p> <p>¼ chopped fresh dill</p>	<p>Cut tofu block in half.</p> <p>Cut one half into small cubes, set aside. Add the other uncut half to a mixing bowl.</p> <p>Into the bowl add mayo, mustards, lemon juice, turmeric, garlic powder, salt & pepper. Mash together until creamy.</p> <p>Add the onion, celery, chives, and dill and the rest of the tofu cubes.</p> <p>Mix well to combine.</p> <p>Serve on your favourite bread, bagel or wrap.</p>
Turkey & Cheese Panini	<p>Sliced turkey breast</p> <p>3 slices Swiss cheese</p> <p>2 tbsp mayo</p>	<p>Add mayo to outside and inside of your bread.</p> <p>Evenly layer turkey slices, swiss cheese, tomato &</p>

	½ Avocado sliced Tomato Slices	avocado. Add to a panini press, grill until desired cheese meltiness & enjoy.
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There are so many options to meet your sandwich needs. Keep it simple. Meat, buns & a few fresh ingredients goes a long way.

Foods to avoid during labour:

As fun as a large pepperoni pizza with hot sauce would be, let's wait a while before diving into that. A few other unmentionables goes to:

Burgers, milkshakes, deep fried foods, cakes, pies.