

Guidelines to a happy and healthy post-partum life!

Congratulations for your new baby a new **you**. This is now a time to take good care of your physical, mental and emotional health and wellbeing, one of the best gifts that you can give to your new born!

You may feel a bit off these days, and that is normal. Your hormones are looking for a completely new balance, your breasts are in the process of understanding their “new role” and your Heart is so wide open that it could embrace an entire nation! These changes may give you the impression that you are not quite the “**you**” that you knew... and maybe you are right! Things have changed in your internal and external life. The key point here is how we adjust to these radical changes... some of us take some weeks, others a few months. There is no right or wrong. If you pay attention to your needs as much as to the needs of your baby, you will find a starting point to enjoying the wellbeing that you deserve!

Aside from getting as much sleep as your baby allows for, I invite you to follow the below dietary guidelines, which will help you get stronger and more in your “center”.

Don't skimp on protein

It's especially important to get enough protein in your diet.

eating small amounts of protein throughout the day helps keep blood sugar levels even and moods stable.

Consuming poultry, meat, and fish – along with low-glycemic carbs like nuts, whole grains, and beans – can boost production of serotonin, a neurotransmitter which has a calming effect on the brain.

To get more protein in your diet, try having:

1. scrambled eggs for breakfast,
2. a turkey or roast beef sandwich for lunch,
3. and sugar free yogurt or goat's kefir for a snack.

Protein recommendations are 71 grams a day for nursing moms and 46 grams a day for non-nursing moms, according to the Institute of Medicine's [Food and Nutrition Board](#). To get a sense of how much protein is in various foods, see the list below :

- 3 ounces chicken, turkey, or meat = 25 grams protein
- 3 ounces fish = 20 grams protein
- Two-and-a-half 8-ounce glasses milk = 20 grams protein
- Two-and-a-half 8-ounce glasses soy milk = 20 grams protein
- 3 large eggs = 19 grams protein
- 1 cup firm tofu = 13 grams protein
- 1 cup low-fat yogurt = 12 grams protein
- 6 tablespoons peanut butter = 24 grams protein
- 3 oz. dry-roasted peanuts = 21 grams protein
- 1 1/2 cups cooked beans such as chickpeas (garbanzo beans), kidney beans, baked beans, pinto beans, refried beans, or black beans = 18 to 22 grams protein
- 1 1/2 cups cooked lentils = 27 grams protein

