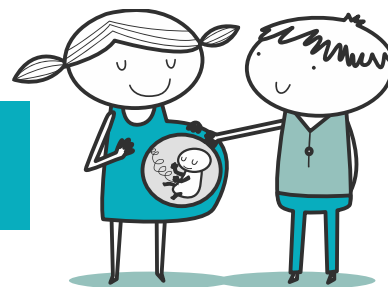


Parent Wellbeing Tip Sheet



Diet

Taking the time to prepare a healthy meal can often seem like a hassle when you have young children. However, it is very important that you eat well during this time. Parenting takes a great deal of energy and a healthy diet will ensure you have the stamina you need.

Mothers need to recover from the nutritional demands of pregnancy. A healthy diet will allow you to return to your pre-pregnant weight and reduce the risk of accumulated weight gain with each pregnancy. Research has also shown that parents' meal patterns shape their children's food habits and preferences as they grow up.

These are some simple tips to follow:

- Try to eat three small meals (breakfast, lunch and dinner) and two or three healthy snacks (morning tea, afternoon tea and/or supper) each day, this will meet your daily nutritional needs, boost your metabolism, and stop you from getting over-hungry and binging.
- Eat Low GI Carbohydrates, low G foods provide a slower, sustained release of glucose (energy) into your blood (see [the King Edward Memorial Hospital BLOOM Pack 2](#) for basic food GI).
- Choose foods that are less processed.
- Trim fat off meat before cooking.
- When cooking, try to bake, stir-fry and grill instead of frying, use minimal added fat (oil sprays are a good option for browning).
- Eat reduced-fat dairy foods; reduced-fat milk has more calcium as well as less saturated fat than full cream milk.
- Replace saturated fats with unsaturated fats by:
 - using avocado, pesto or tahini instead of butter
 - eating nuts as a snack (almonds, brazil, walnuts are best)
 - using vegetable cooking oils such as canola, sunflower or olive oils instead of butter
 - including 3 fish meals per week (e.g. salmon, sardines, tuna etc)
- Mothers should drink plenty of water – fluid requirements are increased when breastfeeding because of breast milk's high water content.
- Mothers should have a water bottle handy as they breastfeed.

Parent Wellbeing Tip Sheet



- The only time that it is recommended that Mother's exclude certain foods from their breastfeeding diet is when their baby has had a severe allergic response.
- Keep a diary of what you usually eat and check this against the recommended serves. Refer to the dairy section in [the King Edward Memorial Hospital BLOOM Pack 1](#)