



Introduction to Postpartum Nutrition

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I am a dietician and researcher mostly in the area of postnatal diabetes prevention. So for women like who have had gestational diabetes. We are trying to work with women after they've had their baby to help slow down the progression to diabetes but also to actually potentially make it so that diabetes doesn't come into their future.

My area is dietetics so I'm really really keen to encourage people to choose healthier options when it comes to foods and to think about foods in a way that's positive for both you and your family and your baby.

The research that I've done was based in Australia and in that study we had almost 600 women and half of the women participated in an intervention. The intervention was actually to get women to come into groups and meet other moms like themselves to develop an understanding around what it means to choose healthier lifestyle options.

We cover topics like:

- How do I lose weight in a way that makes sense for me after having had a baby
- Managing my life
- Looking at the types of foods,
- What are good options when it comes to eating out?
- What are good options for grocery shopping
- Meal preparation you know how do I prepare meals that are healthy for me but also for my family
- Changing recipes and the things that I do to make sure that my family is getting the best nutritious food
- Thinking about the whole family as the health promotion component

Substitutions

I mentioned changing recipes but it might also mean changing the products you choose when shopping. Like choosing a lower percentage fat milk. A child that's less than two needs full cream milk so you would you choose that until they are 2 years of age. But potentially you might buy a smaller volume of low fat milk for yourself and the older children and your partner. So small situations like that mean that you're still having milk and you're still choosing a drink that you like but the the substitution allows you to reduce the energy that you're getting from your food. It also reduce the amount of fat which encourages a better health profile in your body.

More Fibre

The other key component of our intervention was choosing more fiber. I like to talk about fiber as being brown. So say if you've got an option and one of them looks brown, go for the brown one. If it's got bits in it, eat the bits. If it's got skin, eat the skin. So those simple things actually make a huge difference to the amount of fiber that you get your diet. And through choosing those things are actually making your gut a big happy place and it helps you feel fuller for longer. So you're not having huge peaks and then drop offs which make you feel really groggy and drowsy. So it's better for you it's better for your family.