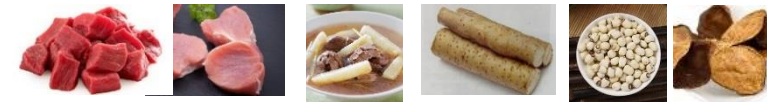


Stages of Chinese Postpartum Food Intake

First Stage Recovery (Days 0-7)

Postpartum parents may have been weakened after labor and delivery. They may have lost their appetite; this can lead to deficiency of certain nutrients. Their bodies may not be able to absorb foods that are too “nourishing”. During this period, it’s important to keep their digestion regular, and the lochia is cleared. Light, mildly nourishing foods such as lean meat, pig’s kidney, mountain yam (*Dioscorea polystachya*), lotus seeds, dried and aged mandarin skin. It’s recommended to avoid foods that are too “hot” (nourishing) or too “cold” foods, such as ginseng, bitter melon, water melon and mung beans.

Can eat:



Avoid:



Second Stage Mild Replenishment & Restoration (Day 8-22)

After the first week of resting and recuperating, the postpartum parent’s appetite/digestive system should have recovered and the lochia gradually cleared out of their body. This is time to replenish and to increase their milk supply. They can start eating small amount of nourishing foods such as ginger-vinegar (made with sweet black vinegar, pig’s knuckle, ginger, and eggs); chicken soup, fish-papaya soup, ginger rice, and cooked vegetables that are not too “cold”, these can be Chinese broccoli, tender greens, spinach, etc.



Third Stage Strong Replenishment (Day 23-30)

It’s time to strengthen the postpartum parent’s body. They can eat silken chicken (black skin chicken) soup, sesame oil chicken, and lactogenic foods such as fish papaya soup, fish chayote soup, soybean products, cloud-ear fungus, dried day-lily buds.



Extracted, adapted and translated from: 坐月攻略 | 產後調理四大階段 進補方式各有不同 附
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