



# Incorporate These Foods in Your Postpartum Diet

## Protein-rich foods

Chicken, tofu, and legumes



## Carbohydrates

Wheat bread, barley, quinoa, and oatmeal



## Healthy fats

Fatty fish, nuts, and foods cooked in olive oil



## Fruits

Kiwi, apricot, apple, avocado, and orange



## Vegetables

Eggplant, peas, beans, potato, and tomato



## Dairy products

Milk, yogurt, and hard cheese



## Reference:

1. Postpartum nutrition: Guidance for general practitioners to support high-quality care; RACGP