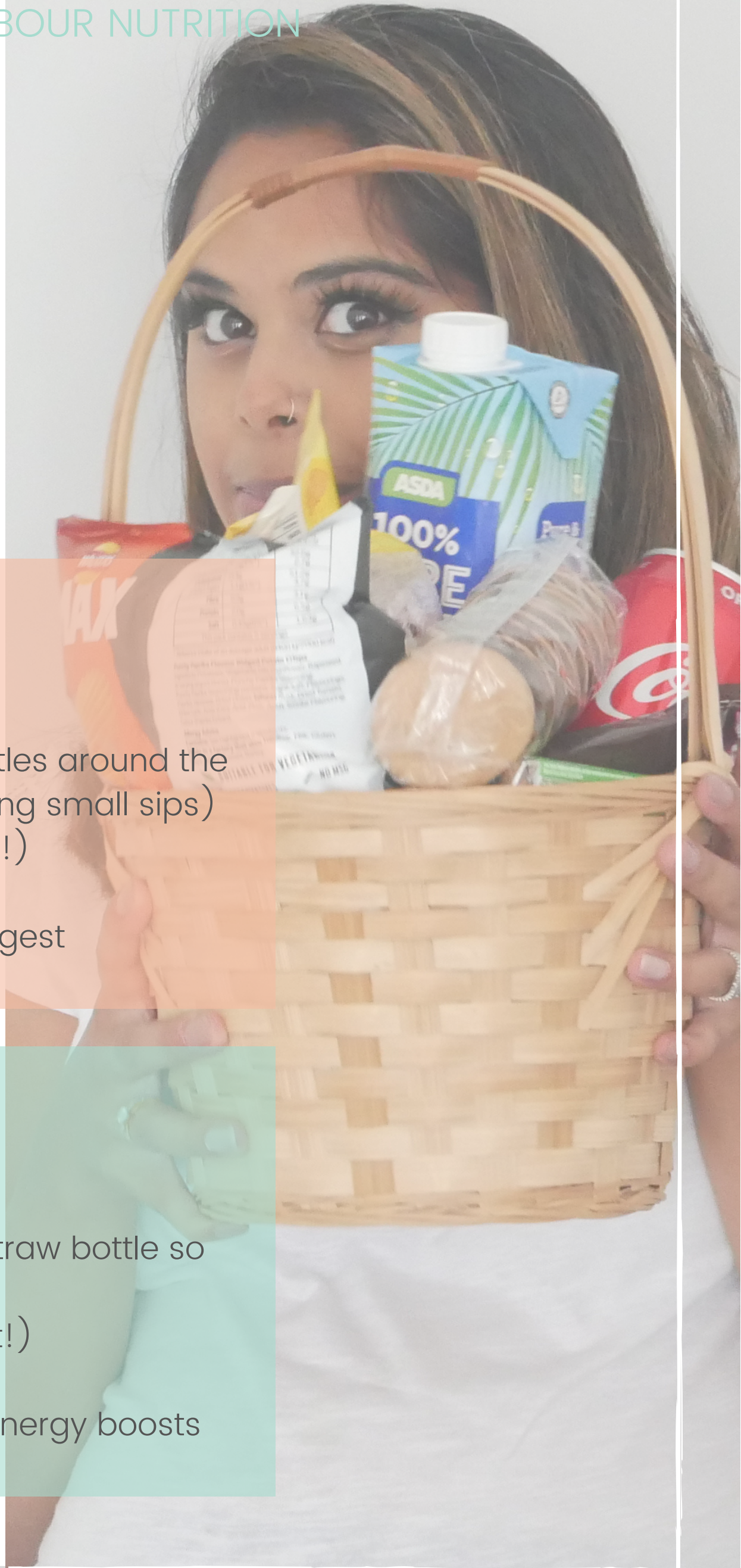




mystri
MUMMA

LABOUR NUTRITION

Labouring and birthing a baby is more than a work out in the gym- so we need to make sure you have the right energy to keep you going! Here are some suggestions of things to consider and keep in the house/ packed in your birth bag ready for when it's needed!



EARLY

Carbohydrates
Crisps
Balanced meal
Water- lots of it! (have bottles around the house so you can keep taking small sips)
Coconut water (if you like it!)

Food that takes longer to digest

ACTIVE

Jelly Babies
Jaffa Cakes
Sweet Treats
Water- lots of it! (have a straw bottle so you can take sips)
Coconut water (if you like it!)

Food that gives you quick energy boosts