



EATING for mums

Mums nursing new babies need to ensure they eat healthy and nutritious food. Nutrition consultant Angela Berrill tells us how to do it



TREAT CHEATS

With energy levels often at rock bottom, it can be tempting to reach for high-sugar and/or high-fat foods for a quick burst of vitality. But focus on choosing quality, nutrient-dense foods. For your next coffee group catch-up, bring along small vegetable-filled muffins or frittatas, a fresh fruit platter or even a plate of wholegrain asparagus rolls.



DON'T SKIP MEALS

Set aside some time every day to eat. This may be when you put your baby down for their nap, or you can eat something while you are feeding them.

Breastfeeding mums have higher fluid requirements too and should aim to drink 10 cups of fluid every day. Have a glass of water each time you feed your baby.



GO EASY

Preparing a meal can be the last thing you feel like doing. When you or your partner next cook a family meal, make double and freeze the leftovers. Have plenty of healthy snacks at the ready and keep a blender on the bench, so that it is all set to go when you need a quick and easy smoothie hit.



MAKE IT COUNT

If you are breastfeeding, you need more nutrients and 30 per cent more protein than the average woman. Aim to eat at least two servings of lean meat, poultry, eggs, nuts and seeds or legumes per day. And try to consume a minimum of seven servings of breads and cereals (preferably wholegrain).



NEW Health

TOP TIPS for new parents

Seven parenting experts share their advice

TAKE EXERCISE

If you find taking time away from your little one a challenge, take them out for a walk. Or you could get creative doing some floor exercises at home. If you're breastfeeding and find that bubs refuse the breast after a bout of exercise, try feeding your baby before you get active.

DID YOU KNOW?

If you're breastfeeding, you'll need an additional 2000kJ (energy) per day - that's the equivalent of an extra meal!

TRY THESE FOR STARTERS

- Raw vegies dipped in cottage cheese or hummus
- Fruit and yoghurt
- Glass of milk or smoothie
- Cheese or tuna/salmon on crackers
- Handful of nuts or seeds
- Small bowl of porridge or wholemeal cereal

Health Notes

Tips to help you feel better inside and out



THE SCIENCE OF THE GLOW

Although Kate Middleton suffered from hyperemesis gravidarum, severe morning sickness, there's no denying she was radiant during her second pregnancy. And now we know why - expectant mums really do bloom!

Medical experts for the journal *Fertility and Sterility* say being pregnant has a rejuvenating effect, particularly on muscles, and protects tissue around the heart.

Pregnancy may even make older women feel more youthful, because the process seems to regenerate tissue and slow the aging process.

The researchers, who carried out the study in Israel using mice, say it is almost like mums are injected with a youth serum from the baby they are carrying.

1 Sleep when your baby sleeps in the initial three months whenever you can. Sleep is so important for health, weight, happiness, emotions and longevity. *Jessie Shaw Bennett, father-of-four and health researcher.*



2 Accept and ask for help - it's OK to ask for help. You are not on your own. People understand and want to help you. *Jaquie & Nat, co-authors of It Only They'd Tell Me.*



3 Once the baby is here, take one day at a time - let's just get through today and then see what tomorrow will bring. *Kate Meads, The Happy Lady.*

4 To help set your newborn up for sleep, use a firm, arms down swaddle and play some loud rumbling white noise continuously. *Sarah Astrow, from Baby Sleep Consultant.*

5 You won't spoil your baby by holding them - keep them close! *Bonnie Billing, postnatal weekend expert.*



6 Seek help if your baby cries inconsolably on a daily basis - it is not normal. *Philippa Murphy, postnatal educator and author of BabyCues.*



7 You can't spoil your baby from holding it all the time - it is called nurturing. For the first 12 weeks, your baby belongs in your arms as much as possible. *Dorothy Wade, from Baby Help.*



All of these experts will be at the Baby Show Wellington, from May 22 to 24 at TSB Arena. Online early-bird tickets are available from babyshow.co.nz. Adult entry is \$12 and under 12s are free.