

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

產後飲食之護理指導

Sir/Lady:

Nursing instructions for postpartum diet

- I. Postpartum diet: When you start eating again after childbirth, begin with easily digestible, soft food. Milk can cause bloating, alcohol can affect the wound, and ginseng can impact uterine contractions. Therefore, avoid these for the first week.
- II. Precautions:
 - (1) For mothers intending to breastfeed, avoid food that may reduce milk supply, such as leeks, malt, barley tea, hawthorn, and ginseng. These should be avoided temporarily.
 - (2) Postpartum mothers should consume high-protein, high-calorie, high-iron, and high-vitamin C food, and ensure to drink plenty of fluids.
 - (3) High-protein food (especially for breastfeeding): Seafood, oysters, Japanese anchovy, and pork trotters stewed with peanuts.
 - (4) High-iron food (for replenishing blood): Organ meat, dark red meat, dark green vegetables, and fruits that turn dark when stored for a while (e.g., apples, pears, grapes).
 - (5) High-vitamin C food (to promote wound healing): Vegetables, fruits, kiwi, lemons, and other acidic food.
 - (6) Fluids (to promote milk production and prevent constipation): For breastfeeding mothers, it's recommended to consume 2500-3000 cc of fluids daily, and you can substitute water with broths (such as fish soup or pork rib soup).
 - (7) For mothers who had a cesarean section, a gradual diet is recommended for the 2-3 days postpartum.
 - (8) Food to avoid during breastfeeding:
 1. Alcohol: If alcohol is needed in cooking, allow it to evaporate during cooking.
 2. Medications: Avoid any medication not prescribed by a doctor or pharmacist. Be sure to inform your doctor that you are breastfeeding for prescriptions of appropriate medications.
 3. Coffee and caffeinated drinks: Such as tea and coke.
 4. Special spices: Avoid excessive consumption of ginger and other pungent spices.

If you are still unclear about something or have any questions, please contact the nursing station in the ward