

LABOR NUTRITION

- ☺ In early labor, eat and drink as you desire. You need fuel for the work you are going to do.
- ☺ Protein: in a smoothie (add some almonds or almond butter), peanut butter, powder protein (not as good as other sources of protein, but better than nothing) or whatever other way you can get it!
- ☺ Consider bringing your own red raspberry leaf ice tea chips with you to the hospital (if you are planning a hospital birth).
- ☺ Sheila Kitzinger, author, anthropologist and natural birth advocate, says to “eat something that just slips down.” Try frozen yogurt, ice cream, yogurt, smooth, hot cereal with honey or syrup, mashed mango or banana.
- ☺ Drink to prevent dehydration (juice, tea, water, broth).
- ☺ Popsicles, especially the fruit/yogurt kind, have more nutrition than plain ice chips. Check with your birthplace to see if popsicles are allowed. Bring your own if the hospital offers only the frozen kool-aid kind.
- ☺ Labor support (this means you, Dad), remember to see to your nutritional needs, as well. Supporting a laboring woman is hard work and you need fuel. Bring along nutritional snacks and suitable liquids. Remember to be considerate of the laboring woman: do not eat or drink in front of her if she is not allowed to eat or drink.
- ☺ Have honey on hand. Sometimes a spoonful can rejuvenate a tired mom.
- ☺ If you are planning a homebirth, stock up on good things for you AND your birth team to eat.
- ☺ Labor Aid:
 - 1 quart water
 - 1/3 cup honey
 - 1/3 cup lemon juice
 - 1/2 teaspoon salt
 - 1/4 teaspoon baking powder
 - 2 crushed calcium tablets