

MAJKA BREASTFEEDING DIET GUIDE:

**NOURISH YOUR  
MILK SUPPLY AND  
RESTORE YOUR  
BODY POSTPARTUM**



Feel Your Best - Replenish Your Body - Nourish Your Milk Supply





# OUR MISSION

OUR MISSION IS TO HELP MOMS FEEL THEIR BEST SO THEY CAN BETTER ENJOY EARLY MOTHERHOOD.

We know you want the best for your little one. You know that means giving your baby the best of you. In early motherhood, sometimes we might not feel at our best. Have you accepted fatigue, mood swings, hormone shifts, lactation issues and more as your new norm?

## **You don't have to.**

Many women know about the importance of getting the right nutrition during pregnancy. Few women understand how critical it is to address your body's postnatal nutritional needs.

The reality is that the way you care for your postpartum body will impact your health for the rest of your life. You are the heart of your home, and the better you are the better your family can be.

**Our hand-selected ingredients provide optimal, whole-food based nutrition. They are NON-GMO, free of unnecessary ingredients, and always of the highest quality.**



# WELCOME TO MOTHERHOOD

*feeling all the feels*

## CONGRATULATIONS!

You have a brand new, soft, sweet, drooling bundle of love in your arms! Can you believe it?!? First and foremost, no matter what you're experiencing or feeling, trust us, it's ok.

You may be head-over-heels or you may be scratching your head wondering what that poop/spitup machine is and who it belongs to. You may be too tired to think anything.

It's all normal and it's all ok. There's room for all the feels - and it's likely you will feel them all. Don't be surprised to see your emotions swing unpredictably back and forth. Grant yourself grace to go with it.

**You were made for this!**

## THE FOURTH TRIMESTER

Yay! Baby is on the outside! However, what every new mom quickly learns is that you are not yet separate entities. If you're breastfeeding, well, that's like 3 full-time jobs. Even if you're not bringing babe to breast every hour, that newborn still wants to be snuggled close and rocked 24/7.

**This period doesn't last forever (it does get easier!), but when you're in it, it's full on.**

We'll repeat it again and again, don't go it alone. Recruit help so you can focus on nourishing yourself and baby during this critical time.



*tough as a  
Mother*



## INDEX:

Breastfeeding	8
Guiding Principles	14
Balance Your Macros	16
Complex Carbs	17
Fiber	22
Blood Sugar Balance	23
Healthy Fats	24
Quality Proteins	26
Postpartum Plate	29
Boost Your Micros	30
Micronutrients	32
Omega-3 Fats	38
Are The Foods You Eat Giving Your Baby Gas?	40
Postpartum Superfood - Salmon	43
Keep Up Your Supply	44
Do's & Don't	46
Grocery Guide	47
Medical Disclaimer	75
References	76

# NUTRITION FOR BREASTFEEDING

YOU ARE STILL EATING FOR TWO!



# BREASTFEEDING

## FOURTH TRIMESTER - JUST REMEMBER TO EAT!

### NOURISHING MAMA

Are you starving and insatiably thirsty? Yep. That's part of the deal. Producing breastmilk places HUGE demands on your body.

Your nutrient needs are higher while breastfeeding than during pregnancy.

Yes, you are still growing another human, and a lot of those soaring nutrient demands are used for nourishing baby. But, those increased needs are also to help YOU heal, recover and replete from pregnancy and birth.

### NOURISHING BABY

In the pages to follow, we'll dive into the nutrition nitty-gritty. Remember, in the first few months postpartum, the main goal is to make sure you eat and drink enough.

In the early days of sleep deprivation, it can be hard to remember to hydrate or even how to scramble an egg.

Get as much sleep as possible, drink water (a lot of it), remember to eat something every 3 hours and you're killing it, mama!






## HOW TO MAKE IT HAPPEN:

- **EAT & DRINK WITH BABY**

Set up fueling stations everywhere you sit to breastfeed with a tall bottle of water and a bowl of trail mix.

- **RECRUIT A PERSONAL CHEF:**

Ask your mom, hubby, a postpartum doula, or a friend to set up a meal-train. The point being, you can't be held responsible for feeding a newborn and yourself all of the time in the first few months. Especially in the weeks following birth, getting friends and family to help you out will make a huge difference in how nourished you feel. Don't be afraid to ask for what you need.





# BREASTFEEDING NUTRITION

## NOURISHING YOU AND BABY

You have heard it a 1,000 times; breast is best. It's still worth repeating because, as you've probably already discovered, breastfeeding can be hard! Every breastfeeding mama needs a motivational boost on occasion, if not daily.

We'll save the entire list of benefits for another day, but suffice it to say, your breastmilk has super powers. Essentially white gold, breastmilk can do everything from protecting babe from illness to helping your uterus shrink more quickly.

### BREASTMILK IS A SUPERFOOD, NO MATTER WHAT YOU EAT. NO STRESS, MAMA!

All of this said, once you and babe have the hang of it, and you have brain space to dive in deeper, you can enhance the nutritional density of breast-milk. Specifically, the more vitamins A, D, B1-3, B6, B12, choline, fatty acids (think DHA), and trace minerals like selenium and zinc, that you eat, the higher the concentration of these nutrients coming out of your boobs ;)

Read on to learn how to get what you need and boost these key micronu-trients with your diet.

# BREASTFEEDING

## WHAT & HOW MUCH TO EAT?

### HOW MUCH TO EAT

It's totally normal to feel insatiable while breastfeeding. As you can imagine, it takes a lot of vitamins + minerals to grow a baby and breastfeeding places a HUGE demand on your nutrient stores - even more so than pregnancy!

If you're a numbers person, we'll share that you need an additional ~500 calories per day while exclusively breastfeeding - similar to if you were running at a really quick pace for 5 miles per day.

Now, throw that 500 number out the window. It's not helpful. You, your needs and your baby's needs are unique.

The most effective way to know if you're getting the right amount for you and baby is to listen to your hunger.

### WHAT TO EAT

Optimal nutrition for breastfeeding is a lot like eating while pregnant, with a focus on real, nutrient-dense foods. To follow are a few specific food groups and nutrients to focus on during lactation.

### FATS AND PROTEINS

When you consider how fast your new baby is growing, it's not a stretch of the imagine that your protein and fat needs are higher than ever to fuel that growth.

Both fats and proteins will help keep you satisfied. When you're too occupied with changing diapers and sleep training to focus on feeding yourself, high-fat and protein foods give you the stamina you need.



# *Honor Your Hunger!*

Your body is VERY smart - it will tell you what you need. Your job is to listen and honor your needs.



# GUIDING PRINCIPLES

## SO, WHAT SHOULD I EAT?

There are as many ways to eat healthfully as there are mamas in the world. Your needs, goals and preferences are unique, and there is no one-size-fits-all nutrition plan. What follows are guidelines based on what research has shown to support a healthy mama and baby.

### MORE PLANTS

Enjoy all the beautiful colors.

This means the more colorful fruits & veggies on your plate, the better. Richly colored plants are the best source of antioxidants and micronutrients that help you heal and enhance breastmilk for baby.

### INCLUSIVITY

Enjoy abundant diversity.

Each food group provides unique nutrients for you and your baby to thrive. We don't prescribe cutting out entire groups of foods, like carbs or dairy. Instead, we encourage variety. As long as they are real foods that you tolerate well, the greater diversity, the better.

### REAL FOOD

No Vitamin can Surpass Food.

Whether wheat or steak, the best foods are those found in the least processed form. We encourage whole, real foods as much as possible, while preserving your sanity.

### NUTRIENT DENSE

Focus on Quality over Quantity.

Successful breastfeeding requires getting all of the nutrients you need on board to fuel a strong baby and an even stronger mama. Achieve this by choosing nutrientdense foods that pack the biggest bang for your buck, providing the most nutrients in each bite.



A photograph of a woman with long brown hair, wearing a white t-shirt, smiling and kissing a baby on the cheek. The baby is wearing a white and grey striped onesie. They are lying on a white surface, possibly a bed. A white text box with a red border is overlaid on the top left of the image.

**TAKE HOME:**

INDULGE IN AN ABUNDANT DIVERSITY OF COLORFUL FRUITS AND VEGETABLES, HEALTHY FATS + QUALITY PROTEINS. KEEP READING AND WE'LL SHOW YOU HOW ITS DONE.

# BALANCE YOUR MACROS

## EATING FOR ENERGY

Ok. If I am eating an abundant diversity of nutrient-dense, real foods, what does that actually mean? What do I eat?

We're glad you asked. We're going to break it down for you into:

- proteins
- complex carbs
- healthy fats

Then, we're going to put it all back together to make your perfect postpartum plate.

We promise, by the end, you'll know just what to do. No breastfeeding mama is going hungry on our watch!

### MACROS ARE ENERGY

To break it down, macronutrients (protein, carbohydrates and fats) are all nutrients that provide energy (measured in calories).

Later we'll dive deeper into micronutrients (vitamins & minerals) that are required to metabolize macros into energy, but don't provide energy in-and-of-themselves.

Balancing your macros is essential to maintaining your energy levels, protecting your hormonal balance and giving baby everything she needs.

Let's dive in.



# COMPLEX CARBS

## STAMINA AND STABILITY

LET'S CLEAR THE CONFUSION- CARBS ARE NOT "BAD".

In fact, carbohydrates are the main source of fuel for your muscles and your brain. They give you antioxidants for fighting off disease, B vitamins for converting food into energy and fiber for healthy digestion and weight control.

It's all in the nuance - some carbs are better for you than others. Obviously, a sweet potato and candy, although both mostly carbs, don't have the same effect on your health. So, here is what you need to know: carbs can be split into two categories: simple and complex.

### SIMPLE CARBS

Carbs can blame their bad reputation on the simple or refined varieties, like white bread, pasta, cookies, cakes, candy, etc. Carbs that have been stripped of their fiber and nutrients to make them "white", cause blood sugar spikes, excess fat storage, and moodiness.

### COMPLEX CARBS

Complex carbs are a different story. In their unprocessed, fiberfilled form, these foods do not cause the same dramatic spikes and crashes, and thus, they can help steady your blood sugar, mood and your weight.

Have you ever tried to cut out carbs? NOT FUN! It makes you feel like a food-obsessed crazy person. Mental instability aside, going too low in your carb intake can deprive you of needed nutrients, decrease your milk supply and stress-out your adrenals. Why put yourself through that? Just choose complex carbs, and maintain your sanity!





# COMPLEX CARBS

## STAMINA AND STABILITY

### WHAT IS A CARB?

In addition to complex vs simple, we need to clear the air about what foods count as carbs. Most people know that bread, pasta and cookies are carbs. What they don't realize is that dairy, like yogurt and milk, are mostly carbohydrate, as are beans, fruits and starchy vegetables like squash, peas and corn. Here is the list of complex carbs to choose from when planning your meals.

### CHOOSE THESE CARBS:

- WHOLE GRAINS (quinoa, brown rice, wheat berries, millet, etc.)
- MILK, YOGURT, KEFIR (grass-fed or organic)
- WHOLE FRUIT (bananas, apples, pears, etc. - ideally organic)
- WINTER SQUASHES (like pumpkin, butternut or acorn)
- STARCHY VEGETABLES (corn, peas, potatoes, sweet potatoes)
- BEANS & LEGUMES (lentils, garbanzos, black beans, etc.)



# WHAT HAPPENS WHEN YOU DON'T EAT ENOUGH CARBS?

## **YOU GET TIRED AND SLUGGISH.**

As you have likely discovered, it takes A LOT of energy to breastfeed. No need to make yourself even more tired by cutting out carbs.

## **YOU GET MOODY AND BLUE.**

Long-term carb deprivation is linked to depression + anxiety. Protect yourself from the mama-blues!

## **YOU GET BLOCKED UP.**

i.e. bloating and constipation. Just like fatigue, postpartum comes with enough GI issues. Complex carbs provide the fiber to keep things moving.

## **YOUR HORMONES GET OUT OF WHACK.**

Heard of adrenal fatigue? Chronic carbohydrate deficiency puts your body in a state of stress that taxes your adrenal glands, making you feel wired and stressed - insomnia is a key symptom.

## **YOU FEEL LIKE A CRAZY, FOOD-OBSESSED, COOKIE MONSTER.**

Not to mention, your brain gets foggy and it is hard to keep your focus.







# FIBER

Any discussion of nutrition would not be complete without a huge shout out to fiber. Fiber is a component of plant-based foods and here are three reasons why you'll learn to love fiber:

## 1. FIBER SLOWS DOWN RISES IN BLOOD SUGAR.

This means your mood, energy and metabolism stay steady. If you remember, this is one reason why we are such fans of complex carbs - the fiber has not been processed out.

## 2. FIBER FUELS INTESTINAL BACTERIA.

Although one of our favorite topics, we'll skip an in-depth discussion of gut-bugs in the program and suffice it to say, these microscopic bacteria are the seed of health. Fiber, also known as a 'prebiotic', is the food that keeps your gut microbiome thriving.

## 3. FIBER RELIEVES CONSTIPATION.

Let's face it, your bowel habits might not be the same after having a baby. Eating ample fiber is going to help keep you regular and prevent you from any painful straining while your body heals.

*fiber is found in plants*

Every time you eat, include vegetables, fruits, nuts, seeds or whole grains for your daily dose of fiber.

# BLOOD SUGAR BALANCE

## STABILIZE YOUR MOOD, ENERGY + WEIGHT

Carbohydrates are unique from proteins and fats because they elevate your blood sugar levels. This is a big deal and, going forward, you're going to hear us talk a lot about blood sugar balance.

## WHY IS BLOOD SUGAR SO BALANCE IMPORTANT?

Because, in the long-run, chronically elevated blood sugar levels increase your risk of disease, like diabetes.

In the short term, we all love a good sugar-high. However, you can't escape the quick crash into an irritable, sluggish brain-fog. The slump then turns on your hunger cues, your body's way of begging for another pick-me-up, triggering a self-perpetuating cycle of under-nourishing yet overeating.

As explained above, it's the simple, highly refined carbs like white bread, desserts, traditional pasta, etc. that trigger this cascade. Complex carbs are naturally combined with fiber helping to slow down digestion.



# HEALTHY FATS

## SATISFACTION GUARANTEED

### FAT IS A NUTRIENT

Even though the low-fat craze is as gone as the 90s, fear of fats still lingers. If you worry that eating fat will make you fat, let us quiet those concerns.

*Dietary fat is essential for you & baby to thrive.*

Fats not only provide long lasting energy, they also insulate organs, regulate body temperature, protect cell membranes and facilitate absorption of vitamins A, E, D and K. Your baby's brain is 60% fat! When you are breastfeeding, having fat in your diet is super important.

### CONCERNED ABOUT NOT LOSING THE BABY WEIGHT?

Know that eating healthy fats can actually help with weight control. Fats taste good and they're satisfying, preventing hunger-attacks and overeating later in the day.

### WHAT HAPPENS IF YOU DON'T EAT ENOUGH FAT?

**1. Hormone imbalances.** All your womanly parts need enough fat. If your body does not have enough energy stores, it won't want to share what little you have and breast milk supply can suffer.

**2. You feel tired, sluggish and scatter-brained.** Your brain is nearly 60% fat tissue. Without this essential nutrient, your brain loses its ability to think straight and to motivate - like mama-brain times ten.

**3. Your skin and hair get brittle and dry.** Think broken nails and wrinkles. Enough said.

**4. Nutrient depletion.** Fat is required for absorption of vitamins A, E, D and K. Insufficient fat can mean nutrient deficiencies for you and baby.





# HEALTHY FATS

## SATISFACTION GUARANTEED

### NOT ALL FATS ARE CREATED EQUAL.

We used to think that healthy fats only came from plant-based sources, like vegetable oils. This was during the time when butter was out and margarine was in. Thankfully, nutrition science evolves and we now know that animal fats can be equally healthful, depending on how the animal was raised.

It turns out that vegetable oils (think canola, soybean, safflower, etc.) are made with intensive, high-heat processing that causes the fats to go rancid. Chemical deodorizers are then added to mask the rancid smell.

**What's so bad about rancidity?** Issues like excess weight gain, elevated blood sugar and inflammation are all linked to eating too many highly processed omega-6 fatty acids.<sup>3</sup>

#### CHOOSE THESE FATS:

- NUTS, SEEDS + NUT BUTTERS
- AVOCADO + AVOCADO OIL
- EXTRA VIRGIN OLIVE OIL + OLIVES
- COCONUT + COCONUT OIL
- 100% GRASS FED BUTTER + CREAM

# QUALITY PROTEINS

## STRONG AS A MOTHER

### PROTEIN MAKES STRONG MAMAS + BABIES

Protein needs are nearly ~30% greater while breastfeeding than for non-lactating women. Although you can get all the protein you need from vegetarian sources, animal sources of protein are particularly rich in immuneboosting zinc, energizing vitamin B12 and iron to deliver oxygen to your cells.

### HEALTHY WEIGHT GAIN

High protein diets are all the rage right now. It's true that protein has a higher thermic effect, meaning it burns more calories to digest.

It's also true that dietary protein promotes fat loss in favor of building lean muscle, assuming you eat enough protein with each meal and within 60 minutes of each workout.

#### **All of that said, more is not always better.**

Your body cannot absorb more than ~30g of protein at a time. Anything more than that, you pee out. This means that there's no need to go crazy.

Just be sure to consume a normal portion size of protein every time you eat (i.e. a cup of yogurt or 1/2 cup of cottage cheese, a palm-sized piece of meat or fish, or 2-3 eggs.)

#### **More on portion sizes to come...**

### MAJKA NOURISHING LACTATION PROTEIN POWDER CAN HELP YOU MEET YOUR PROTEIN NEEDS MAMA!

Each delicious serving of Majka Nourishing Lactation Protein Powder provides 20 grams of protein to help you meet your increased needs while breastfeeding.


Consume one serving of Majka powder daily to make one of your meals or snacks a no-brainer. As a new mom, you need easy options - you can even drink your Majka with one hand while you hold baby. WIN!

## CHOOSE THESE PROTEINS:

- **FISH + SHELLFISH**
- **CHICKEN, BEEF, LAMB + PORK**  
(grass-fed or organic)
- **EGGS**  
(look for pastured, organic or omega-3 enriched)
- **DAIRY**  
(Greek yogurt, cottage cheese, kefir)
- **TOFU, TEMPEH + EDAMAME**
- **BEANS + LEGUMES\***
- **MAJKA NOURISHING LACTATION PROTEIN POWDER**

\*Note that beans are also listed in the carbs section. If you're a vegetarian, beans become a primary source of protein. If you eat meat or fish, consider beans your carbs with protein benefits.

## LACTATION SMOOTHIE RECIPE

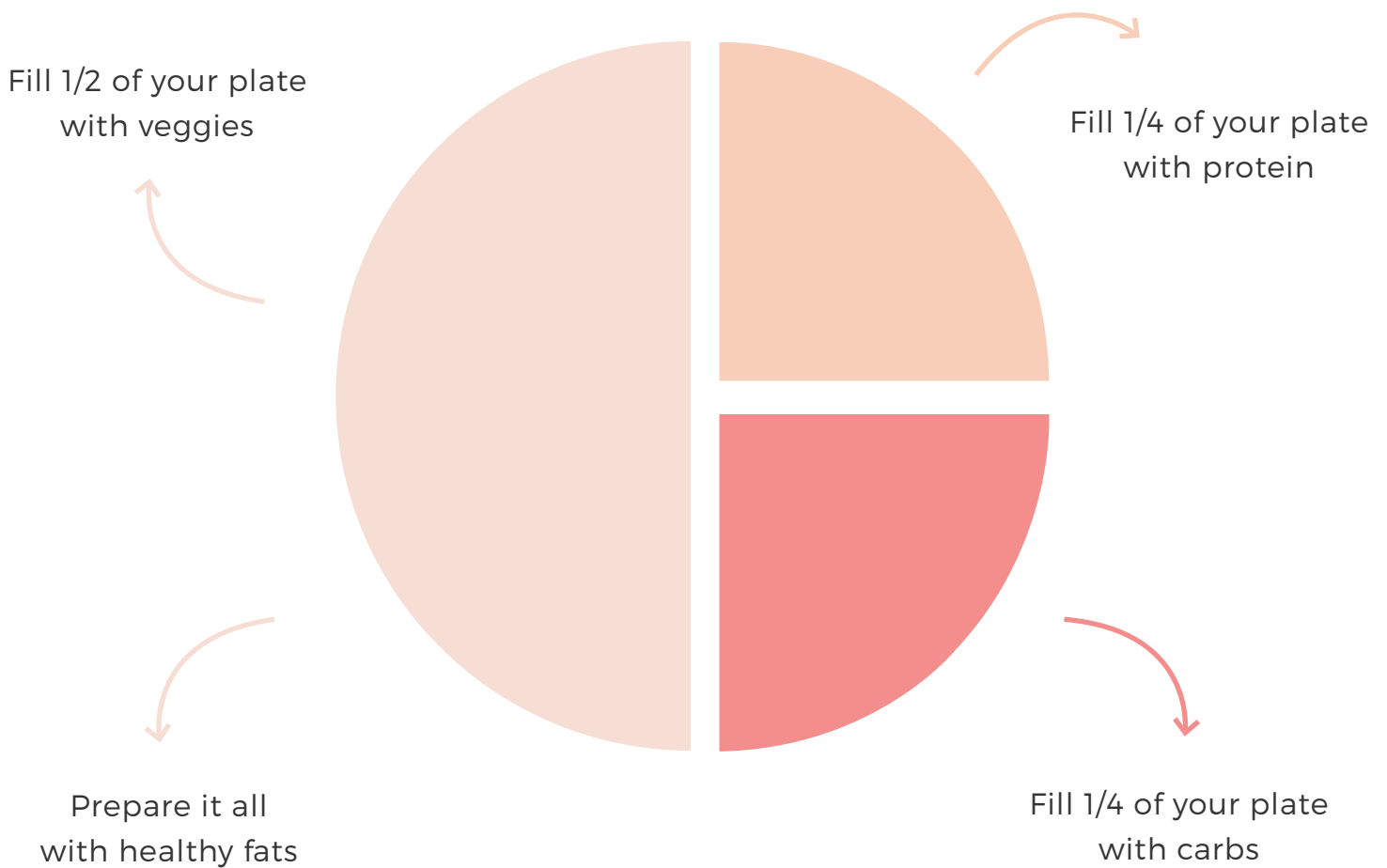
- One Scoop of Majka Nourishing Powder
  - Half a banana
  - A handful of spinach
  - On table spoon of chia seeds
  - One table spoon of nut butter of choice
  - Unsweetened vanilla almond milk
- 



# POSTPARTUM PLATE

You've learned about complex vs. simple carbs, thrown any fear of fat out the window and are piling on the protein. But, back to the most important question, what do you actually eat? How do you put complex carbs, fats and proteins all together in the optimal ratios?

## HERE'S WHAT YOU DO:





# BOOST YOUR MICROS

## ENHANCING YOUR BREASTMILK

### LIQUID GOLD

It is worth repeating that, no matter what you eat, your breastmilk is a superfood and the most nutritious option for baby.

**However, you can further enhance the nutritional density of your breastmilk through your food choices.**

For some nutrients, like fats, proteins, carbohydrates, folate and many trace minerals, your body will prioritize baby. This means that even among undernourished women, their breastmilk supplies enough of these nutrients for babe.

For other nutrients like B vitamins, vitamins D and A, and omega-3 fatty-acids, getting enough in your diet is important to ensure babe also gets what she needs to thrive.

We'll dive into specific sources of these essential micronutrients in a moment, but first, a tribute to fresh veggies & fruit, the ultimate source of micronutrients and antioxidants.

### VEGGIES + FRUITS

You don't need a dietitian to tell you that veggies are good for you - but we all need reminders and inspiration time and again to make it happen.

Everytime you eat, fill half your plate with veggies & fruits.

Each color spectrum provides different micronutrients and healing antioxidants. For example, the antioxidants, vitamins and minerals derived from blueberries varies from those you get from orange sweet potatoes or leafy greens.

We like to say, feast with your eyes and your mouth by eating a rainbow of colorful foods.

#### DID YOU KNOW?

Your baby can taste the flavors of the food you eat in your breastmilk. Packing in the veggies now may just save you headache down the line when trying to convince your two-year-old to eat broccoli.



## **WORRIED YOU AREN'T ABLE TO GET EVERYTHING YOU AND BABY NEED?**

No stress, mama! We know that juggling life with your new bundle of joy can sometimes result in less fruits & veggies.

That is why each serving of Majka Lactation Powder meets your daily micronutrient needs while breastfeeding. Consider Majka your postnatal vitamin!



# MICRONUTRIENTS

## VITAMIN D

Vitamin D concentrations in breastmilk vary widely, depending on mama's supply from food and sunlight exposure. You've probably heard a lot about it for everything from combating depression to preventing diabetes. For baby, vitamin D is needed for calcium absorption for bone growth, proper immune function, hormone regulation and so much more.

It's so challenging to get enough vitamin D from food, we recommend supplements for most mamas. Start by getting your vitamin D levels tested to know what level of supplementation is needed.

### VITAMIN D FOR BABY:

Exclusively breastfed babies needs a vitamin D supplement of 400 IU/d, unless mama takes at least 6,400 IU/d.



# MICRONUTRIENTS

## VITAMIN A

Some clarification on vitamin A: many fruits & veggies, like leafy greens, sweet potatoes and tomatoes provide beta-carotene, a precursor to vitamin A. This is not the same as the more bioavailable preformed vitamin A, a.k.a. retinyl. In order for babe to get enough vitamin A through breastmilk, you need to consume both versions, betacarotene and retinyl palmitate.

Vitamin A is a big deal for infant growth, immune system development and preventing infections. Colostrum is especially rich in vitamin A to give your newborn extra immune protection during her first few days outside of your womb.

### VITAMIN A CONTROVERSY

Dating back to 1995, there was one study that found a link between vitamin A supplementation and birth defects.

It's important to note that these women were taking a synthetic form of the vitamin (not the retinyl palmitate which naturally occurs in your skin), and they were taking extremely high doses - over 30,000 IU/day. We recommend much lower doses, closer to 5,000 IU/day. For all supplements, run the dose by your provider!

### VITAMIN A SUPPLEMENTS:

Among women who supplement with only betacarotene in their prenatal, 40% were found to have insufficient vitamin A in their breastmilk, compared to just 4% of women who took a prenatal supplement with retinyl.



# MICRONUTRIENTS

## CHOLINE

Like folate, choline is an essential ingredient in brain development, and is particularly linked to better memory all the way into your into adulthood for your little one (if you can think that far ahead).

Choline needs are at an all-time high while breastfeeding. You need at least 550mg/day (compared to 400 mg normally and 450 mg when pregnant).

## VITAMIN B-12

For B vitamins, except folate, deficiency in mom's diet can mean exclusively breastfed babes don't get their needs met.

Vitamin B-12, which is found exclusively in animal products, is of particular concern among vegans and vegetarians. Supplements can help, but they're not well-absorbed compared to real food sources of B-12.

Vitamin B-12 is involved in nearly every bodily function, from muscular development and movement to neurological function. Feeling weak and lethargic are the hallmark signs that you're not getting enough B-12.

We can help you make sure you're eating enough vitamin B-12. If you're vegetarian or vegan and breastfeeding, contact us.

**WANT TO SEE WHAT MICRO NUTRIENTS ARE IN OUR NOURISHING POWDER? [CLICK HERE](#)**

**IF YOUR DIET IS  
NUTRIENT- DENSE,  
THEN SO IS YOUR  
BREASTMILK.**







# MICRONUTRIENTS

while breastfeeding

NUTRIENT	AMOUNT DAILY	BEST FOOD SOURCES	NOTES
<b>IRON</b>	<b>15 mg</b>	oysters : 3 oz = 8 mg beef liver: 3 oz = 5 mg white beans: 1/2 C = 4 mg lentils: 1/2 C = 3 mg spinach: 1/2 C = 3 mg	Needs may be higher if significant blood is lost during birth. Caffeine and calcium can inhibit iron absorption. Vitamin C enhances absorption. Cooking in cast-iron also increases iron in your food.
<b>CALCIUM</b>	<b>1000 mg</b>	yogurt: 8 oz = 415 mg sardines: 3 oz = 325 mg cheese: 1.5 oz = 300 mg salmon: 3 oz = 180 mg kale: 1 C = 95 mg bok choy: 1 cup = 75 mg	Calcium supplementation is rarely needed as most can meet their calcium needs from food. If you choose to supplement, Ca carbonate is the most readily absorbed.
<b>VITAMIN D</b>	<b>2,000-8,000 IU</b>	salmon: 3 oz = 447 IU tuna: 3 oz = 154 IU yogurt: 6 oz = 80 IU egg yolk = 41 IU	If mom gets less than 6,400 IU/d, it's recommended to give baby 400 IU/d of vitamin D.
<b>OMEGA-3 FATTY ACIDS</b>	<b>1000 mg</b>	salmon: 3 oz = 1,300 mg sardines: 3 oz: 1,200 pastured egg =200 mg	Plant based sources (walnuts, flaxseeds, chia seeds) are not easily converted into the active forms of DHA and EPA fatty acids.
<b>CHOLINE</b>	<b>550 mg</b>	liver: 3 oz = 356 mg egg yolk: 147 mg beef: 3 oz = 97 mg	Choline in breastmilk gets transferred to baby for brain development.
<b>PRE-FORMED VITAMIN A</b> (retinyl or retinoic acid)	<b>4,000 IU</b>	liver: 3 oz = 22,000 IU ricotta (full fat): 1C= 945 IU egg yolk: = 260 IU salmon: 3 oz = 175 IU	Transferred in breastmilk to build baby's immune system. Colostrum is particularly rich in vitamin A.



# OMEGA-3 FATS

Omega-3 fatty acids are essential during all life stages, but especially during pregnancy and lactation. And most of us do not get enough.

For general health, omega-3s are powerful anti-inflammatories, protecting you from age-related issues - think prevention for everything from wrinkles and stretch marks, to heart disease and obesity.

## OMEGA-3 FATS ARE ESPECIALLY IMPORTANT WHILE BREASTFEEDING BECAUSE:

**1. For you,** omega-3 fats speed up recovery by reducing post-stress inflammation, and buffer you from postpartum depression.

**2. For your new little nugget,** they are essential for brain development. If you want an Einstein baby, eat omega-3s! One type of Omega-3s, called DHA, is particularly crucial for brain development

### FOOD SOURCES OF OMEGA-3 FATS:

- **Fatty fish** like salmon, anchovies, mackerel, tuna and sardines.
- **Grass-fed** meat, dairy & eggs.
- Although plant-based sources, like walnuts, flax, hemp and chia seeds also have omega-3s, they do not have DHA.

### FAT IN YOUR BREASTMILK:

How much fat you eat does not change the total % of fat in your breastmilk.

**However, the kind of fat you eat does determine the kind of fat baby receives.**

Eat more anti-inflammatory, brain boosting fats (i.e. more omega-3s) and your baby gets more of the DHA she needs for brain development.



### **TAKE HOME**

Ensure you're getting enough omega-3s for you and baby-prodigy by eating at least 12 oz of fatty fish each week, or taking a supplement.

# ARE THE FOODS YOU EAT GIVING BABY GAS?

## FOOD INTOLERANCES & GASSY BABIES

**When baby is crying and crying, you'll try anything.**

Like cutting all kinds of good food out of your diet in hopes it reduces gas in your newborn. Things like broccoli, onion, garlic, soy, dairy, gluten...

The thing is, research does not show consistent benefits from extreme elimination while breastfeeding. In fact, if it means you're getting less nourishment, it can be detrimental.

If you're worried about dairy, gluten, cruciferous vegetables or some other food causing a reaction in your baby, first talk to your pediatrician. Second, we can help you test suspected foods by eliminating the food for two weeks to see if baby's symptoms improve. If the issues do get better, then its fine to cut those foods from your diet- for a few months.

Keep in mind that your baby's intolerance will likely resolve as her GI tract develops. We recommend re-introducing foods every four weeks to see if baby's tolerance has matured.

### DOES YOUR BABY HAVE A FOOD ALLERGY?

Signs of a food allergies include excessive fussiness, rashes, diarrhea or congestion after nursing. Always run any concerns by your pediatrician.



## SNACKS TO FUEL A BREASTFEEDING MAMA

- Greek yogurt, plain, full-fat, organic **(protein & fat)** + fresh fruit **(fiber)** and nuts **(fat & fiber)**
- Popcorn **(fiber)** and jerky, grass-fed **(protein)**
- Egg muffins or frittata **(packed with fiber-full veggies & protein)**
- Hard-boiled eggs **(protein)** with whole grain toast or fruit **(fiber)**
- Cheese, organic **(protein & fat)** + apple or whole grain crackers **(fiber)**
- Guacamole **(fat)** with veggie sticks **(fiber)**
- Banana or apple **(fiber)** with peanut butter **(protein & fat)**
- Full-fat, organic cottage cheese **(protein & fat)** with melon or pineapple **(fiber)**
- Edamame, crunchy or steamed **(protein & fiber)**
- Kale, beet, or broccoli chips **(fiber)** with nuts or cheese sticks **(protein & fat)**
- Brown rice cakes **(fiber)** with avocado **(fat)**, ricotta **(protein)** and lemon zest **(yum!)**
- Majka Lactation Bites

PROTEIN OR FAT WITH FIBER EVERYTIME YOU EAT







# POSTPARTUM SUPERFOOD - SALMON!

You may have noticed that salmon is one of the top sources of each of the micronutrients breastfeeding mamas need most. It truly is a superfood.

Salmon is one of the best food-based sources sources of omega-3 fats, vitamin D, preformed vitamin A and even calcium (if you eat those teeny tiny little bones - the ones that won't hurt going down).

## HOW TO ENJOY:

### **Canned salmon.**

Don't knock it 'til you try it. Canned, wild-caught salmon (with the bones) provides not only the DHA you need, but also some of the most highly bioavailable calcium and vitamin D.

### **Salmon salad.**

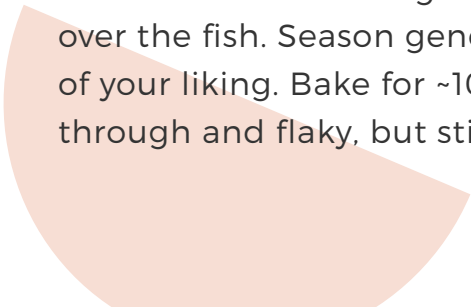
Mix canned salmon with a dollop of plain, organic yogurt + a squeeze of fresh lemon juice, salt, pepper and optional dill, capers & chopped celery. Serve on a bed of arugula and drizzle with olive oil + more fresh lemon juice.

### **Salmon tacos.**

Mash up avocado with a fork and mix it into canned salmon. Stir in chopped red bell pepper, then wrap it up with microgreens in corn tortillas (we recommend a splash of hot sauce to top it off).

### **Baked salmon filet.**

Place filet of wild-caught salmon in baking dish. Squeeze lemon juice over the fish. Season generously with salt, pepper and any herbs or spices of your liking. Bake for ~10 minutes at 375°F, or until salmon is cooked through and flaky, but still moist.



# KEEP UP YOUR SUPPLY

## GALACTAGOGUES AND BEYOND

### WORRY IS NORMAL, BUT OFTEN NEEDLESS

New mamas worry. It's part of the job description. For most, milk supply does not need to be one of those concerns. There are SO MANY reasons why baby cries post-feed or eats with mind-boggling frequency. Typically, lack of supply is not the issue.

### Your body knows what to do

### THE DEAL WITH BOOSTING YOUR SUPPLY

If babe is tracking along her growth curve, you can scratch milk supply off your worry list.

From a nutrition perspective, the most important thing is remembering to eat and drink enough. You need A LOT of fluid and calories to produce breastmilk.

Galactagogues (like oats, beer and fenugreek) are foods or herbs purported to give your supply a boost. These are fun tidbits for chit chat at your mama's group, but know that the best way to increase milk supply is to bring that babe (or pump) to the boob.

### **The more you express, the more you produce.**

You also want to be wary of over-production, which makes you more vulnerable to clogged ducts and infections like mastitis - VERY PAINFUL!

### WE'VE GOT YOU, MAMA!

Both Majka Lactation Powder and Bites contain strong galactagogue blends to support your milk supply.

## **LACTATION CONSULTANTS ARE A GOD-SEND. CALL ONE.**

If you are seriously concerned about low milk supply, the first step is to work with a lactation consultant.

Even if you don't have a specific question or issue, we recommend reaching out to a lactation consultant. They have tips & tricks to make your life easier.

### **Don't tough-it-out. Breastfeeding should not hurt!**

Ideally, look for an IBCLC (International Board Certified Lactation Consultant).

**OUR PRODUCTS HAVE GALACTAGOGUES BLENDS! CLICK [HERE](#) TO LEARN MORE.**



# DO'S AND DON'TS

## YOUR QUESTIONS, ANSWERED

### ALCOHOL:

**Cheers, mama!** Enjoy a toast! Just keep a few guidelines in mind to prevent passing alcohol along to babe.

- Avoid over-indulging in adult beverages - 2 hours before breastfeeding - or plan ahead to pump and dump.

### FISH:

**Eat low-mercury varieties.** Just as when pregnant, eat 12oz per week of low-mercury species - cod, haddock, shrimp, light canned tuna, salmon, mackerel, trout or flounder, while avoiding the large predator fish (who eats shark anyway?!?).

### CAFFEINE:

Caffeine is considered safe while breastfeeding, to an extent. We know you're more tired than you've ever been in your life and wish we could say, "drink the whole pot". Instead, we'll be honest and share that its recommended to cap it at ~300 mg per day (~16 oz of brewed coffee).

Understanding how measly that amount may sound, here's some mom to mom, non-medical advice: pay attention to whether baby has trouble sleeping after you have caffeine. If baby is able to sleep (as well as any other time) and no signs of bothersome GI symptoms, do what you gotta do.

Your baby needs a happy mama.





# Grocery Guide

**GROCERIES + RECIPES**

## **ABOUT THIS ONE-WEEK GUIDE**

In this guide, you will find a collection of healthy recipes that are great for the whole family, but largely focus on the nourishment that is essential during the postpartum period for mothers. Many of the ingredients used can be easily found at your local grocery or specialty health food store. Each recipe has a list of ingredients, cooking directions, and the nutritional benefits you gain from its key ingredients.

We hope this one-week menu fuels you with the nourishment, energy, and healing you need to become the superwoman we know you are. As you dive into the wonderful journey ahead, always remember: when you love yourself, you love motherhood even more.



# FULL SHOPPING LIST OF INGREDIENTS

## VEGGIES

Spinach	Red Pepper
Avocado	Yellow Pepper
Cilantro	Celery
Green onions	Ginger
Garlic	Asparagus
Arugula	Shiitake mushrooms
Kale	Crimini mushrooms
Red onion	Snow peas
Cherry tomatoes	Leeks
Kalamata olives	Cauliflower rice
Sweet potatoes	English cucumber
Carrot	

## SEASONING & DRESSINGS

Almond butter	Dijon mustard
Vanilla extract	Cumin
Honey or agave	Sesame oil
Maple syrup	Rice vinegar
Cinnamon	Coriander
Tahini	Paprika
Salt	Garlic powder
Pepper	Sweet chilli sauce
Olive oil	Soy sauce (reduced sodium recommended)
White wine vinegar	Red pepper flakes
Balsamic vinegar	Tamari
Red wine vinegar	

## NUTS & SEEDS

Chia seed  
Flaxseed  
Hemp seed  
Sliced almonds  
Pecans  
Pumpkin seed  
Sunflower seed  
Peanuts  
Sesame seed

## GRAINS

Rolled oats  
Quinoa  
Barley  
Ezekiel muffin  
Brown rice  
Tricolor quinoa

## LIQUIDS

Almond milk  
Coconut water  
Coconut milk  
Bone and chicken broth

## DAIRY

Feta cheese  
Parmesan cheese  
Goat cheese  
Plain non-fat Greek yogurt

## SOME THINGS TO AVOID:

Chocolate	Mint
Citrus (in moderation)	Oregano
Caffeine	Aloe
Parsley	Anis
Sage	Rhubarb
Rosemary	Ginseng
Thyme	Alcohol

# BREAKFAST



## INDEX:

Sunrise Breakfast Smoothie	12
Havana Smoothie	13
Blueberry Banana Smoothie Bowl	14
Vanilla Banana Smoothie	14
Honey Nut Overnight Oats	15
Apple Pie Banana Oats	16
Raspberry Vanilla Chia Pudding	17

## BREAKFAST

# SUNRISE BREAKFAST SMOOTHIE

## BENEFITS

**RASPBERRIES:** Helps production of breastmilk and acts as a 'uterine toner' that assists in the recovery of the uterus after delivery. Red Raspberry Leaf is incredibly high in vitamins and minerals, antioxidants, and antimicrobial properties

**SPINACH:** Source of beta-carotene antioxidants and vitamins C and E. Spinach is plentiful in iron, along with vitamin K and magnesium that help grow healthy blood cells.

**ADDED BENEFITS:** Avocado - rich in antioxidant vitamins (A, C, E); Almond Butter - contains magnesium which promotes flow of blood and oxygen; Chia Seeds - good source of Omega-3 fatty acids

## INGREDIENTS

1 scoop of Majka Nourishing Lactation Powder  
¼ cup almond milk  
½ cup spinach  
¼ cup frozen raspberries  
¼ avocado  
1 tbsp almond butter  
1 tsp flaxseeds  
1 tsp chia seeds

## DIRECTIONS

Blend all ingredients together. For immediate (and tasty!) consumption.





## BREAKFAST

# HAVANA SMOOTHIE

## BENEFITS

**PINEAPPLE:** Contains a digesting protein that reduces inflammation and cleans sluggish digestive systems. Vitamin B1 found in pineapples boost energy levels.

**AVOCADO:** Great source of 'healthy' fats and contains beneficial B vitamins, specifically B5, the 'anti-stress' vitamin

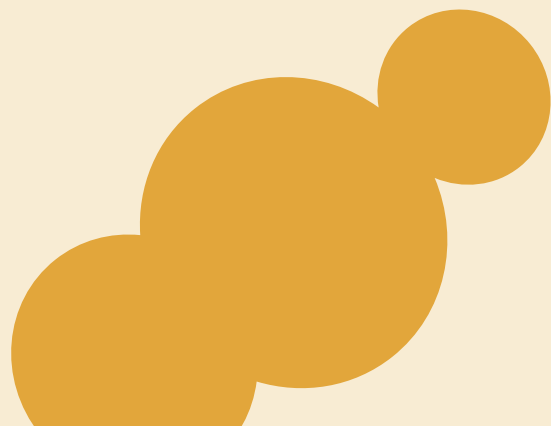
**ADDED BENEFITS:** Spinach - great source of iron; Coconut Water - Boosts lauric acid in breastmilk which strengthens baby's immune system and protects against infections

## INGREDIENTS

1 scoop Majka Nourishing  
Lactation Powder  
½ avocado  
½ frozen pineapple  
½ cup spinach  
½ cup of coconut water

## DIRECTIONS

Blend all ingredients  
together. For immediate  
(and tasty!) consumption



## BREAKFAST

# BLUEBERRY BANANA SMOOTHIE BOWL

## BENEFITS

**BANANA:** Vitamin B6 regulates nervous system and promotes healthy skin; high in potassium levels can regulate the heart and manage blood pressure

**BLUEBERRIES:** High in antioxidants that fight inflammation and infection; provides protection against hemorrhoids and varicose veins; anthocyanidins found in blueberries may reduce mental decline related to age

**ADDED BENEFITS:** Maca - contains 20 essential amino acids; Almond Butter - has unsaturated fatty acids that supply energy

## INGREDIENTS

½ cup frozen banana  
½ cup frozen blueberries  
1 tbsp creamy unsalted almond butter  
1 tsp maca  
1 tsp chia seeds  
Water or unsweetened plant milk  
Suggested Toppings: sliced kiwi, raw buckwheat groats, more almond butter, bee pollen, coconut flakes!

## DIRECTIONS

Blend ingredients together.  
Layer suggested toppings on top of your smoothie bowl or use your own favorite toppings for a hearty breakfast smoothie bowl.

## BREAKFAST

# VANILLA BEAN SMOOTHIE

## BENEFITS

**BANANA:** High fiber levels good for digestion and provide a slow source of energy release which makes them great for breakfast or as a snack

**CHIA SEEDS:** Excellent source of Omega-3 fatty acids and fiber; supplies 'good' cholesterol that combats heart attacks and strokes

**ADDED BENEFITS:** Vanilla - powerful antioxidant and antibacterial;  
Almond Milk - high in vitamin D and is low in calories

## INGREDIENTS

1 scoop of Majka Nourishing  
Lactation Powder  
1 banana  
 $\frac{3}{4}$  cup almond milk  
1 tsp vanilla  
1 tsp chia seeds

## DIRECTIONS

Blend ingredients together  
in a blender. For immediate  
consumption.

## BREAKFAST

# HONEY NUT OVERNIGHT OATS

## BENEFITS

**OATS:** Comprised of fiber that adheres to 'bad' cholesterol and removes them from the body ultimately preventing against clogged arteries. Oats are a great breakfast item as it slowly releases sugars into the bloodstream providing more energy throughout the day.

**HONEY:** Natural antiseptic that contains antibacterial property. Daily consumption of honey can increase antioxidants in the body that protect against free radical inflicted cellular damage

**ADDED BENEFITS:** Hemp Seeds - high in gamma-linolenic acid (GLA) which promotes healthy hormone balance; Almonds - high in calcium and vitamin E

## INGREDIENTS

1/3 cup old-fashioned oats  
2 tbsp chia seeds  
1 tsp honey or agave  
1-2 drops of vanilla extract  
1 cup coconut milk  
1 tsp hemp seeds  
1 tbsp sliced almonds  
1/4 cup of blueberries  
Granola crumble (used as a topping)

## DIRECTIONS

Combine all ingredients and transfer to a jar, cup, bowl, or airtight container fitted with a lid/plastic wrap. Refrigerate at least two hours, preferably overnight. Top with granola before serving.



## BREAKFAST

# APPLE PIE BANANA OATS

## BENEFITS

APPLE: Contains antioxidant phytochemicals that strengthens the heart, contributes to a healthy urinary tract and improves digestive system functionality

OATS: Great for starting your day as the fiber content provides energy without upsetting blood sugar levels; contains selenium which may reduce depression

ADDED BENEFITS: Pecans - reduce risk of heart disease; Maple Syrup - good alternative to sugar and fights inflammation

## INGREDIENTS

1/3 cup old-fashioned oats  
2 tbsp chia seeds  
1 tsp honey or agave  
1-2 drops of vanilla extract  
1 cup coconut milk  
1 tsp hemp seeds  
1 tbsp sliced almonds  
1/4 cup of blueberries  
Granola crumble (used as a topping)

## DIRECTIONS

1. In a mason jar, layer first the oats, then the chia seeds, then pour milk over both. Stir together the yogurt, apple pie spice, and maple syrup. Layer yogurt mixture on top of oats and chia seeds.
2. Place lid on mason jar and place in refrigerator for 6-8 hours. Stir mixture together to combine. Taste and add maple syrup or other sweetener if needed.
3. Top with diced apples, chopped pecans and a sprinkle of cinnamon. Enjoy

## BREAKFAST

# RASPBERRY VANILLA CHIA PUDDING

## BENEFITS

**MORINGA:** Moringa leaves are made up of 25% protein; three times the potassium in comparison to bananas; balances hormones

**RASPERRIES:** Full of antioxidants and vitamins; have antimicrobial properties that help reduce overgrowth of fungi and bacteria in the body

**ADDED BENEFITS:** SCoconut Milk - contains electrolytes and diminishes fatigue; Honey - natural antiseptic

## INGREDIENTS

¼ cup chia seeds  
1 cup unsweetened coconut milk  
¼ tsp pure vanilla extract  
½ cup of raspberries, fresh or frozen  
1 tbsp pure honey or agave (can substitute with maple syrup)  
½ tsp of moringa

## DIRECTIONS

1. In a 16-ounce mason jar combine the rolled oats and chia seeds.
2. Pour in the coconut milk and
3. then place the raspberries on top of the oats.
4. Place the lid on and store in the refrigerator overnight.
5. Stir the oats and add in a sweetener of your choice (honey, agave, or pure maple syrup) and a little extra coconut milk to loosen up the oats. Enjoy cold.

# LUNCH



## INDEX:

Herbed Quinoa & Chickpea Salad With Lemon-Tahini Dressing	13
Citrus, Fennel, and Avocado Salad	14
Kale Barley Salad With Feta and Honey-Lemon Vinaigrette	15
Greek-Style Avocado and Barley Salad	16
Roasted Sweet Potato and Quinoa Salad	17
Brown Rice and Sweet Potato Salad	18
Thai Veggie Quinoa Bowl	20

## LUNCH

# HERBED QUINOA & CHICKPEA SALAD

## WITH LEMON-TAHINI DRESSING

### SALAD INGREDIENTS

1 cup quinoa, rinsed in a fine-mesh colander  
2 cups water  
1 can (15 ounces) chickpeas, rinsed and drained, or 1½ cups cooked chickpeas  
1½ cups roughly chopped baby spinach  
½ cup chopped fresh cilantro  
1/3 cup chopped green onion (green parts only)

### DRESSING INGREDIENTS

¼ cup olive oil  
3-4 tbsp lemon juice to taste  
2 tbsp tahini  
1 large clove garlic, pressed or minced  
½ tsp fine sea salt  
Freshly ground black pepper to taste

### DIRECTIONS

1. To cook the quinoa: Combine rinsed quinoa and water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until quinoa has absorbed all of the water, about 15 minutes. Reduce heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 mins.
2. To make the dressing: In a small bowl, combine olive oil, 3 tablespoons of lemon juice, tahini, garlic, salt and several twists of freshly ground pepper. Taste and add up to 1 more tablespoon of lemon juice and/or more pepper if desired.
3. Once the quinoa has cooled, add it to the large bowl. Add chickpeas, spinach, cilantro, green onion, feta and pumpkin seeds. Drizzle dressing over salad and toss to combine. Serve immediately or let it cool and refrigerate for later. When covered and refrigerated, salad can last for up to three days.

Notes: To make this dish dairy free or vegan, omit the feta cheese. Substitute cheese with thinly sliced Kalamata olives.

### BENEFITS

**CHICKPEAS:** Fiber found in chickpeas prevents blood sugar from rising too quickly after a meal making it optimal for diabetics. Good source of molybdenum, detoxifying minerals that gets rid of sulfites found in the body.

**QUINOA:** Low in fat and energizing source of protein; lessens severity of migraines as quinoa contains magnesium which relaxes blood vessels and improves blood flow

**ADDED BENEFITS:** Cilantro - sheds heavy metals in the body; Pumpkin Seeds - high in zinc and iron; Lemon - hydrates and improves skin health



## LUNCH

# CITRUS, FENNEL AND AVOCADO SALAD

### INGREDIENTS:

3 tbsp extra virgin olive oil

Juice of 1 lemon

1 tsp kosher salt

½ tsp ground black pepper

2 cups arugula

½ cup raspberries

½ cup fennel

½ avocado, thinly sliced

1 tbsp sliced almonds

1 tbsp goat cheese (optional)

### DIRECTIONS

1. In a small bowl, whisk the olive oil with lemon juice, salt, and pepper.
2. In a large bowl, toss the arugula and fennel with the dressing.
3. Add avocado, raspberries, almonds, and cheese. Plate and serve.

### BENEFITS

**FENNEL:** Made of potassium and fiber; vitamin C boosts immune system; contains phytoestrogen, useful for decreasing symptoms of premenstrual syndrome (PMS)

**AVOCADO:** Good source of potassium and healthy fats; a natural regulator for blood pressure

**ADDED BENEFITS:** Olive Oil - strong in anti-inflammation properties; Arugula - good source of folate and vitamins B and K

## LUNCH

# KALE BARLEY SALAD WITH FETA

## AND A HONEY-LEMON VINAIGRETTE

### SALAD INGREDIENTS

1/3 cup cooked barley  
2 cups loosely packed kale; washed, stems removed, and cut into small ribbons  
1 tbsp crumbled feta  
½ cup chickpeas  
½ avocado, cubed (leave out until just before serving)  
1 tbsp sunflower seeds  
1 tbsp red onion, finely diced (optional)

### VINAIGRETTE INGREDIENTS

2 tbsp olive oil  
2 tbsp white wine vinegar  
1 tsp fresh lemon juice  
½ tsp lemon zest  
2 tsp honey

### DIRECTIONS

1. Cook barley according to package instructions. Set aside to cool.
2. While barley cools, whisk vinaigrette ingredients together and toss with kale. Make sure vinaigrette is evenly coated on kale to reduce bitterness.
3. Once barley is fully cooled, toss with the kale/vinaigrette and remaining ingredients.
4. Leave off avocado until right before serving to maintain optimal freshness.

### BENEFITS

**KALE:** Has phytochemicals that prompt cancer-fighting enzymes and slow tumor growth; contains more calcium than cow's milk

**BARLEY:** Strong fiber content and can lower high cholesterol; can assist in digestion and weight loss

**ADDED BENEFITS:** Sunflower Seeds - healthy source of fatty acids and vitamin E; Red Onion - fiber and folic acid; Chickpeas - high in protein

## LUNCH

# GREEK-STYLE AVOCADO AND BARLEY SALAD

### INGREDIENTS:

½ cup cooked barley  
1 tbsp almonds  
1 tsp extra virgin olive oil  
¼ tsp kosher salt or fine sea salt

¼ cup red onion, thinly sliced  
¼ cup Kalamata olives, halved  
1 tbsp crumbled feta cheese

### SALAD INGREDIENTS:

2 cups arugula  
½ large ripe California avocado pitted, peeled and thinly sliced  
½ cup cherry or grape tomatoes, halved or quartered

### DRESSING INGREDIENTS:

2 tbsp balsamic vinegar  
2 tbsp olive oil  
½ tsp sea salt  
¼ tsp freshly ground black pepper

### DIRECTIONS:

1. Combine barley and water in a medium-sized pot. Bring to a boil then reduce to a low simmer and cover with lid slightly ajar. Cook for 35-45 minutes or until water has been absorbed. Remove from heat, stir, and allow to cool to room temperature.
2. Bake for 8-10 minutes or until light golden brown, stirring to redistribute after 5 minutes. Remove from oven and set aside to cool.
3. Combine all dressing ingredients in a glass jar and shake well to combine. Set aside.
4. Combine cooked and cooled barley, avocado, arugula, tomatoes, red onion, and olives in a large serving bowl or platter. Add the prepared dressing and toss gently to coat. Taste and add more salt if needed. Top with feta cheese and toasted almonds.

### BENEFITS:

**AVOCADO:** Rich in antioxidant vitamins A, C, and E that promote healthy skin & circulation; more efficient absorption of antioxidants from other fruits and veggies

**OLIVES:** Has 'good' monounsaturated fatty acids and antioxidants; can help manage blood pressure and prevent blood clots

**ADDED BENEFITS:** Barley - strong fiber content; Tomato - contain antioxidant lycopene which can lessen risk of getting breast cancer

## LUNCH

# ROASTED SWEET POTATO AND QUINOA SALAD

### SALAD INGREDIENTS

1 medium sweet potato  
1 tbsp olive oil  
½ cup quinoa  
2 cups fresh spinach  
½ large avocado, chopped  
1 tbsp dried cranberries  
Coarse sea salt and freshly cracked black pepper to taste

### VINAIGRETTE INGREDIENTS

2 tbsp red wine vinegar  
½ tsp dijon mustard (do not use regular mustard!)  
1 clove garlic, minced  
2 tbsp olive oil

### DIRECTIONS:

1. Preheat the oven to 425°F. Peel and coarsely (but evenly) chop the sweet potato. Place on a large sheet pan. Drizzle with olive oil and sprinkle salt and pepper to taste. Toss everything to coat sweet potatoes and place in oven. Let roast for 15 minutes and then flip the potatoes and roast for an additional 10-20 minutes or until desired tenderness.
2. While sweet potatoes are cooking, prepare the quinoa. Rinse quinoa in a fine mesh sieve to remove the bitter saponin coating. In a small saucepan, combine quinoa with water. Bring to a boil, reduce heat to low, and cover the pan with a lid.
3. Turn heat to the lowest setting and cook covered for 15 minutes or until the water has completely absorbed in the quinoa.
4. Turn off the heat and let stand covered for 5 minutes. After 5 minutes, remove the lid and fluff the quinoa gently with a fork. Set aside.
5. Once sweet potatoes are cooked, toss the cooked quinoa and sweet potato in a large bowl. Allow to cool.
6. While quinoa and sweet potatoes rest, prep the dressing. Whisk red wine vinegar, dijon mustard, dried oregano, dried basil, garlic, 1/2 teaspoon salt (or to taste), and 1/4 teaspoon pepper (or to taste) together in a small bowl. Slowly add olive oil to the vinegar mixture while whisking briskly. Whisk in lemon juice. Pour into a jar and store in the fridge while you finish the salad.
7. Remove the stems and coarsely chop the spinach. Add to the salad along with the chopped avocado and cranberries. Toss everything together. If desired, ribbon some basil and top the salad with fresh basil.
8. Toss the salad with desired amount of dressing (you'll likely have some leftover!) Enjoy immediately.

Note: Do not dress anything you don't intend to eat that day. This salad is best eaten immediately after being dressed, so if you want leftovers, only toss what you will eat with the dressing

## BENEFITS

**SWEET POTATO:** Packed with vision-protecting carotenoids and anti-inflammatory vitamin C; is a starchy carbohydrate that releases sugar slowly into bloodstream allowing for longer levels of energy

**QUINOA:** High in fiber and good source of energizing protein and may reduce migraines because magnesium relaxes blood vessels

**ADDED BENEFITS:** Cranberries - improves health of urinary system and fights bacteria and viruses found in kidneys; Garlic - decongestant and can slow growth of cancer cells because of its sulfurous compounds



## LUNCH

# BROWN RICE AND SWEET POTATO SALAD

### SWEET POTATTO INGREDIENTS

1 medium sweet potato, peeled and cut into 1-inch cubes  
1 tbsp olive oil  
¼ tsp ground cumin  
¼ tsp garlic

### VINAIGRETTE INGREDIENTS

3 tbsp olive oil  
3 tbsp white vinegar  
2 tsp lime juice  
1 tsp honey (substitute maple syrup for vegan alternative)  
1 clove garlic, minced  
¼ tsp salt

### DIRECTIONS:

#### ROASTED SWEET POTATO

1. Pre-heat oven to 400°F. Toss sweet potato in olive oil, ground cumin, and chili powder. Arrange on a baking sheet or baking dish.
2. Bake for 15 minutes, flip (or give it a good stir), and continue to bake for another 10-15 minutes until a fork goes into the sweet potatoes easily.
3. Remove from oven and set aside to cool.

#### SALAD

1. Cook rice according to package instructions. You should end up with just over 2 cups of cooked rice. Allow to cool completely before assembling the salad.
2. Combine cooled sweet potato, cooled rice, and remaining salad ingredients.
3. Whisk together all vinaigrette ingredients and toss salad thoroughly

### SALAD INGREDIENTS

½ cup cooked brown rice  
½ carrot, peeled and grated  
2 slices celery, cut finely  
½ red pepper, seeded and diced  
½ yellow pepper, seeded and diced  
½ cup spinach leaves, roughly chopped

### BENEFITS

**SWEET POTATO:** Reduces inflammation related to asthma and rheumatoid arthritis; fights free radicals responsible for clogging arteries that increase chance of heart disease

**BROWN RICE:** Natural whole grain with high fiber; contains antioxidant and anticancer trace mineral selenium

**ADDED BENEFITS:** Cumin - helps relieve stress and insomnia symptoms and is good for lactating mothers; Celery - prevents digestive tracts from getting ulcers

## LUNCH

# THAI VEGGIE QUINOA BOWL

### INGREDIENTS

½ cup quinoa, cooked according to package directions  
¼ cup grated carrots  
Handful cilantro, chopped  
¼ cup chopped green onions  
2 tbsp peanuts, chopped

### DRESSING INGREDIENTS

1 lime, zest and juice (start with juice from half a lime, and add more if needed)  
1 tsp sesame seeds  
1 tbsp gluten free tamari  
1 tbsp sesame oil  
1 tbsp rice vinegar  
2 cloves garlic, minced  
1-inch piece of ginger, minced

### DIRECTIONS

1. Cook quinoa according to package instructions.
2. In a large bowl, toss cooked quinoa, broccoli, red onion, carrots, cilantro, green onions and peanuts together. Mix until combined.
3. In a small bowl, combine dressing ingredients.
4. Pour dressing over quinoa and mix until combined.

### BENEFITS

**GINGER:** Used for centuries as a remedy for nausea and morning sickness; can boost metabolism and alleviate painful period symptoms

**QUINOA:** Contains almost twice as much fiber as other grains; high in iron and has detoxifying magnesium

**ADDED BENEFITS:** Peanuts - rich in energy; Sesame Seeds - contains phytosterols that lower high cholesterol; Carrots - high in beta-carotenoids

# DINNER



## INDEX:

Skillet Seared Salmon	13
Garlic and Herb Beef Tenderloin	14
Healthy Chicken Shawarma Bowl	15
Coriander Crusted Tilapia	16
Grilled Halibut with Pepper Avocado Salsa	17
Sweet Chili Salmon & Pea Quinoa Bowl	18
Tahini Marinated Chicken or Tofu Buddha Bowl	20

DINNER

# SKILLET SEARED SALMON

WITH GARLIC-LEMON SAUCE WITH ASPARAGUS

## INGREDIENTS

1 (6 oz) salmon fillet (about 1-inch thick)  
Salt and freshly ground black pepper  
and Garlic powder  
4 tbsp olive oil  
¼ cup low-sodium chicken broth (can  
substitute with water if desired)

1 tbsp fresh lemon juice  
1 tbsp avocado oil  
½ tsp honey  
¼ pound asparagus

## DIRECTIONS

1. Remove salmon fillet from refrigerator and allow to rest at room temperature for 10 minutes.
2. Meanwhile, prepare the garlic lemon olive oil sauce. Add oil and garlic to a pan and sauté until lightly golden brown (about 1-2 minutes). Pour in chicken broth and lemon juice. Let sauce simmer until it has reduced by half. Set sauce aside.
3. Dab both sides of salmon dry with paper towels, season both sides with salt and pepper. Heat olive oil in a 12-inch nonstick skillet over medium-high heat. Once oil simmers, add salmon and cook about 3 minutes per side or until golden brown and cooked through.
4. In a medium heat pan, add olive oil and place asparagus (trim bottom of asparagus before cooking, if desired). Cover and cook for 3 minutes. Add salt and garlic powder.
5. Plate salmon and asparagus.

## BENEFITS

**SALMON:** High in Omega-3 fatty acids beneficial for heart and help fight cancer; fish oils affect serotonin levels and can help with depression

**ASPARAGUS:** Packed with folate that protects against neural tube defects in early pregnancy; rich source of vitamin K that promotes healthy liver and kidney function

**ADDED BENEFITS:** Lemon - hydrates and improves skin health; Avocado Oil - rich in healthy fats

## DINNER

# GARLIC AND HERB BEEF TENDERLOIN

## WITH ROASTED WILD MUSHROOMS

### MUSHROOM INGREDIENTS:

2 tbsp olive oil  
1 cup sliced cremini mushrooms  
1 cup shiitake mushrooms  
1 oz unsalted butter or avocado oil  
1 tbsp finely minced garlic  
½ cup of bone broth or water  
Kosher salt and fresh cracked  
pepper to taste

### BEEF TENDERLOIN INGREDIENTS:

2 finely minced cloves of garlic  
2 tbsp olive oil  
1 (6 oz) cut of beef tenderloin  
Kosher salt and fresh cracked  
pepper to taste

### DIRECTIONS:

1. Preheat oven to 275°F.
2. Mushrooms: Add olive oil to a large sauté pan over high heat and add in the mushrooms to caramelize, about 5 to 7 minutes. Stir often.
3. Once browned, scrape the mushrooms to one side of the pan. On the other side, add in oil and garlic, and cook for 1 to 2 minutes before mixing in with the rest of the mushrooms.
4. Beef: Add herbs, garlic, and olive oil to a medium size bowl and mix until combined and set aside.
5. Coat the beef tenderloin on all sides with olive oil and season generously with salt and pepper. Drizzle half of the herb-oil mixture to all sides of the beef tenderloin. Sear the beef tenderloin in a large sauté pan over high heat or on a barbecue until golden brown.
6. Remove beef from pan or grill. Let rest for 3 to 4 minutes.

### BENEFITS:

**MUSHROOMS:** Rich in phytochemicals that protect body against stress; said to protect against breast cancer by regulating estrogen levels; boosts health of skin and hair

**BEEF:** Good source of protein and vitamin B3 and B12 that protect the heart; boost immune because high levels of zinc; promotes faster wound healing

**ADDED BENEFITS:** Garlic - assists in relief of acne and asthma; Bone Broth - heartier soup base that improves joint health and can reduce cellulite.



## DINNER

# HEALTHY CHICKEN SHAWARMA BOWL

## CHICKEN INGREDIENTS

½ pound boneless skinless chicken breasts  
1 tsp ground coriander  
1 tsp ground cumin  
1 tsp smoked paprika  
¼ tsp garlic powder

## SPICED GREEK YOGURT SAUCE INGREDIENTS

½ cup plain non-fat Greek yogurt  
1 tbsp tahini  
Juice of half of a lemon  
¼ tsp ground cumin  
¼ tsp ground coriander  
¼ tsp kosher salt  
⅛ tsp garlic powder  
Fresh ground black pepper to taste

## DIRECTIONS

1. SPICED GREEK YOGURT SAUCE - In a small bowl, whisk all ingredients for sauce until smooth. Cover and refrigerate until ready to serve.
2. CHICKEN - In a small bowl, combine all spices and sprinkle evenly on chicken. Cook or grill the chicken until there is no pink inside. Let rest for at least 5 minutes before dicing.
3. CAULIFLOWER RICE - Heat a medium-sized nonstick skillet over medium-high heat and spray with cooking oil.
4. When skillet is hot, add cauliflower rice, salt, cumin, coriander, garlic powder, and
5. black pepper.
6. Stir to combine and sauté for 2-3 minutes. Add in lemon zest and juice and sauté
7. for another minute.
8. Add in the chopped parsley. Stir to combine and taste for seasoning. Remove from the heat and let cool before serving. Recipe should evenly divide among four bowls.

## CAULIFLOWER RICE INGREDIENTS

6 ounces frozen or fresh cauliflower rice  
¼ tsp kosher salt  
¼ tsp ground coriander  
¼ tsp ground cumin  
⅛ tsp garlic powder  
1 tsp lemon zest  
2 tbsp chopped flat leaf parsley  
Fresh ground black pepper to taste

## OTHER INGREDIENTS

1 cup halved cherry tomatoes  
1 cup diced English cucumber  
15 oz can chickpeas, rinsed and drained

## BENEFITS

**CHICKEN:** High in amino acid tryptophan which helps regulate sleep; vitamin B strengthens memory maintenance

**CAULIFLOWER:** Contains cancer-inhibiting sulfurous compounds; good for women before or during pregnancy because levels of folate prevent birth defects; vitamin C builds immunity

**ADDED BENEFITS:**

Coriander - eases discomfort due to digestive issues; Parsley - vitamin C controls healthy gut; Parika - prevents eye disease;

## DINNER

# CORIANDER-CRUSTED TILAPIA

## INGREDIENTS

- 1 medium sweet potato, peeled and cut
- 1 (6 oz.) tilapia fillet
- ½ tbsp ground coriander
- ½ tsp black pepper
- 1 tsp kosher salt, divided
- 2 tbsp olive oil, divided
- 2 small carrots, chopped
- ½ medium leek, thinly sliced
- 2 tbsp dry white wine
- 2 tbsp fresh lemon juice
- ½ cup brown rice
- ½ cup vegetable or bone broth
- 1 cup loosely packed baby spinach
- 1 lemon, cut into wedges

## DIRECTIONS

1. Pat tilapia dry with paper towels. Combine coriander, pepper, and ¾ teaspoon of salt in a small bowl. Season both sides of tilapia with the mixture.
2. Heat olive oil (1 tbsp) in a large skillet over medium-high heat. Add tilapia and cook until golden brown and crispy, about 4 minutes. Flip and cook until just opaque, about 1 minute. Transfer to a plate and cover to keep warm.
3. Add remaining olive oil (1 tbsp) to skillet. Add carrots and cook, stirring often until almost tender, about 3 minutes. Add leeks and cook, stirring often until tender, about 3 minutes. Add wine and lemon juice. Bring to a boil and cook until liquid is reduced by half, about 1 minute.
4. Add rice, broth, and remaining ¼ teaspoon salt. Bring to a boil and cook, stirring often until most of the liquid is absorbed, about 3 minutes. Add spinach and cook, stirring constantly until wilted, about 1 minute.
5. Serve tilapia with brown rice, vegetables, and lemon wedges.

## BENEFITS

**TILAPIA:** lean white fish high in protein making it good for weight loss; protects against decline in cognitive function; phosphorus in tilapia aids in bone health

**BROWN RICE:** Natural whole grain with high fiber; contains antioxidant and anticancer trace mineral selenium

**ADDED BENEFITS:** Coriander - eases discomfort due to digestive issues; Leek - good source of manganese, folate, fiber, and vitamin K; Carrot - can help in maintaining oral health

## DINNER

# GRILLED HALIBUT WITH PEPPER AVOCADO SALSA

## INGREDIENTS

1 (6 oz.) halibut fillet  
Grapeseed oil  
Kosher salt and freshly  
ground black pepper

## TOMATO AVOCADO SALSA INGREDIENTS

½ red bell pepper, sliced  
½ avocado, peeled, pitted and chopped  
¼ shallot, thinly sliced  
1 tbsp extra virgin olive oil  
1½ tsp golden balsamic vinegar  
Kosher salt and freshly ground black  
pepper

## DIRECTIONS

1. Preheat the grill on high heat. Drizzle halibut with olive oil and season with kosher salt and black pepper. Oil the grill grates with grapeseed oil then place halibut on the grill
2. Gently press the fish down on the grate and cook for 5 minutes on each side or until the fish is opaque and flakes easily.
3. While fish is cooking, add sliced cherry tomatoes, avocado, shallot, and basil to a medium-sized bowl. Drizzle with olive oil and golden balsamic vinegar and toss to coat. Season with kosher salt and black pepper.
4. Top the fish with the tomato and avocado salsa

## BENEFITS

**HALIBUT:** Fish oils help fight cancer (specifically breast and bowel cancers) and improve brain and memory function; known for beneficial levels of Omega-3 fatty acids

**BELL PEPPER:** All bell peppers contains high levels of vitamin C, but more specifically in red bell peppers; also contains beta-carotene vitamin A, vitamin E, and zinc

**ADDED BENEFITS:** Avocado - contains anti-stress vitamin B5; Shallots - fiber, potassium, folate, vitamin A and B

## DINNER

# SWEET CHILI SALMON & PEA QUINOA BOWL

## INGREDIENTS

½ cup cooked quinoa

## SWEET CHILI SALMON INGREDIENTS

1 (4 oz.) salmon fillets  
2 tbsp sweet chilli sauce  
1 tbsp soy sauce (use reduced sodium soy sauce if desired)  
1 tbsp water  
1 garlic clove, minced

## ROASTED VEGGIES INGREDIENTS

3 oz/170g snow peas  
(roughly 1 cup)  
4 tsp olive oil  
2 tsp soy sauce

## DIRECTIONS

1. Cook quinoa according to package instructions.
2. While quinoa is cooking, heat oven to 425°F. Line a large baking sheet with parchment and set aside.
3. SALMON - Whisk together sweet chili sauce, soy sauce, water, and garlic. Pour into a 8x8 inch baking dish. Place the salmon, skin side up, on the sauce. Allow to sit while oven heats. When oven is heated, place in oven and cook for 15-20 minutes or until cooked through.
4. ROASTED VEGGIES - Place snow peas in a large bowl. Toss with olive oil and soy sauce until lightly coated. Place in oven and roast for 10-15 minutes or until cooked through and tender.

## BENEFITS

SALMON: High in Omega-3 fatty acids beneficial for heart and help fight cancer; fish oils affect serotonin levels and can help with depression

SNOW PEAS: Contains twice the calcium and slightly more iron than green peas; better source of beta-carotene, iron & folate which are good for building red blood cells

ADDED BENEFITS: Quinoa - energizing protein and high in fiber; Garlic - can regulate blood pressure and blood sugar

## DINNER

# TAHINI MARINATED CHICKEN OR TOFU BUDDHA BOWL

## CHICKEN MARINADE INGREDIENTS

2 tbsp tahini paste  
2 tbsp extra virgin olive oil  
2 tbsp water  
1 tbsp lemon juice  
¼ tsp crushed red pepper flakes  
2 cloves garlic, finely minced or grated  
½ shallot, finely minced  
2 boneless, skinless chicken thighs (can substitute with 3 ounce of tofu)  
Pinch of kosher salt

## CUCUMBER TOMATO SALAD INGREDIENTS

½ cup cucumber, chopped  
½ cup cherry/gold tomatoes, sliced in half  
1 tbsp lemon juice  
1 tsp extra virgin olive oil  
¼ tsp kosher salt  
½ cup cooked tri-color quinoa  
Black pepper to taste

## DIRECTIONS

1. Combine marinade ingredients in a large resealable plastic bag. Remove 1/4 cup of marinade and place in an airtight container and refrigerate. Add chicken to plastic bag, seal tightly, and massage to coat chicken in marinade. Refrigerate for at least 4 hours or overnight.
2. Remove plastic bag from refrigerator while preheating grill (or a large skillet) to medium heat. Set container of reserved tahini marinade on the counter until room temperature. Lightly oil grill grates and gently pat excess marinade from chicken. Grill chicken about 4 minutes per side or until cooked through, and remove to a plate. (If substituting with tofu, follow the same heating and preparation directions, but cook tofu for two minutes on each side.)
3. Add all cucumber tomato salad ingredients (except quinoa), in a mixing bowl, tossing to combine.
4. When serving: add 1/2 cup quinoa, 1/2 cup salad, and 2 chicken thighs. Drizzle with reserved tahini marinade and serve

## BENEFITS

**TOFU:** Soy in tofu protects against cancer, heart disease, and osteoporosis; good source of protein and fiber; contains phytoestrogens that combat against hormone-related cancer and symptoms of PMS

**CHICKEN:** Rich in amino acid called tryptophan helps regulate sleep; can maintain cholesterol and blood pressure

**ADDED BENEFITS:** Lemon - good source of vitamin C and aids in digestion;

Cucumber - boosts skin complexion and hydration; Red Pepper Flakes - reduces inflammation and pain





# MEDICAL DISCLAIMER

This program is written by Alavita Perinatal Nutrition Associates, LLC., The authors are both board certified & Licensed Registered Dietitians and Nutritionists through the CDR (Commission on Dietetic Registration).

These guidelines are not intended to treat any nutrient deficiencies, allergies or other food related health problems, nor are they formulated to diagnose, treat, cure or prevent any medical conditions.

The content found in these materials have been developed for the sole purpose of promoting general healthy eating and lifestyle habits. They should not be regarded as medical advice.

Each person must take into consideration her own unique nutritional needs and consult a Registered Dietitian or other medical professional for personalized recommendations. The information found here serves only as a general guide. You should always obtain any appropriate professional health advice relevant to your particular circumstances.

This edition published by Alavita Perinatal Nutrition Associates, LLC. 2019

...

Text Copyright © Alavita Perinatal Nutrition Associates, 2019

...

Photographs Copyright © Various Authors, 2019

...

WRITTEN IN COLLABORATION WITH  ALAVITA

# REFERENCES

## SCIENCE-BASED INFORMATION

1. Bech, B. H., Obel, C., Henriksen, T. B., & Olsen, J. (2007). Effect of reducing caffeine intake on birth weight and length of gestation: randomised controlled trial. *BMJ (Clinical Research Ed.)*, 334(7590), 409.
2. Falgreen Eriksen, H.-L., Mortensen, E. L., Kilburn, T., Underbjerg, M., Bertrand, J., Støvring, H., ... Kesmodel, U. S. (2012). The effects of low to moderate prenatal alcohol exposure in early pregnancy on IQ in 5-year-old children. *BJOG: An International Journal Of Obstetrics And Gynaecology*, 119(10), 1191-1200.
3. Gimpfl, M., Rozman, J., Dahlhoff, M., Kübeck, R., Blutke, A., Rathkolb, B., ... Ensenauer, R. (2017). Modification of the fatty acid composition of an obesogenic diet improves the maternal and placental metabolic environment in obese pregnant mice. *Biochimica Et Biophysica Acta. Molecular Basis Of Disease*, 1863(6), 1605-1614.
4. Janakiraman, V. (2008). Listeriosis in pregnancy: diagnosis, treatment, and prevention. *Reviews In Obstetrics & Gynecology*, 1(4), 179-185.
5. Kim, H., Kim, H., Lee, E., Kim, Y., Ha, E.-H., & Chang, N. (2017). Association between maternal intake of n-6 to n-3 fatty acid ratio during pregnancy and infant neurodevelopment at 6 months of age: results of the MOCEH cohort study. *Nutrition Journal*, 16(1), 23.
6. Lewis, S. J., Zuccolo, L., Davey Smith, G., Macleod, J., Rodriguez, S., Draper, E. S., ... Gray, R. (2012). Fetal alcohol exposure and IQ at age 8: evidence from a population-based birth-cohort study. *Plos One*, 7(11), e49407.
7. Lyngsø, J., Ramlau-Hansen, C. H., Bay, B., Ingerslev, H. J., Hulman, A., & Kesmodel, U. S. (2017). Association between coffee or caffeine consumption and fecundity and fertility: a systematic review and dose-response meta-analysis. *Clinical Epidemiology*, 9, 699-719.

# REFERENCES

## SCIENCE-BASED INFORMATION

8. Mamluk, L., Edwards, H. B., Savović, J., Leach, V., Jones, T., Moore, T. H. M., ... Zuccolo, L. (2017). Low alcohol consumption and pregnancy and childhood outcomes: time to change guidelines indicating apparently “safe” levels of alcohol during pregnancy? A systematic review and meta-analyses. *BMJ Open*, 7(7), e015410.
9. Ozgoli, G., Goli, M., & Simbar, M. (2009). Effects of ginger capsules on pregnancy, nausea, and vomiting. *Journal Of Alternative And Complementary Medicine (New York, N.Y.)*, 15(3), 243-246.
10. Parlee, S.D., & MacDougald, O.A. (2014). Maternal Nutrition and Risk of Obesity in Offspring: The Trojan Horse of Developmental Plasticity. *Biochimica et Biophysica Acta*, 1842(3), 495-506.
11. Robins, J.C., Marsit, C.J., Padbury, J.F., & Sharma, S.S. (2011). Endocrine Disruptors, Environmental Oxygen, Epigenetics and Pregnancy. *Frontiers in Bioscience*, 3, 690-700.
12. Sahakian, V., Rouse, D., Sipes, S., Rose, N., & Niebyl, J. (1991). Vitamin B6 is effective therapy for nausea and vomiting of pregnancy: a randomized, double-blind placebo-controlled study. *Obstetrics And Gynecology*, 78(1), 33-36.
13. Savitz, D. A., Chan, R. L., Herring, A. H., Howards, P. P., & Hartmann, K. E. (2008). Caffeine and miscarriage risk. *Epidemiology (Cambridge, Mass.)*, 19(1), 55-62.
14. Stephens, T. V., Payne, M., Ball, R. O., Pencharz, P. B., & Elango, R. (2015). Protein requirements of healthy pregnant women during early and late gestation are higher than current recommendations. *The Journal Of Nutrition*, 145(1), 73-78.
15. Strobel, M., Tinz, J., & Biesalski, H.-K. (2007). The importance of betacarotene as a source of vitamin A with special regard to pregnant and breastfeeding women. *European Journal Of Nutrition*, 46 Suppl 1, I1-I20.



**THANK  
YOU!**