



The Yummy Mummy Lifestyle

PREGNANCY & BREASTFEEDING NUTRITION GUIDE

Healthy bodies make healthy babies.



You found out that you're pregnant and **NOW THE TIME FOR RESEARCH, WONDER AND CHANGE STARTS!**

Your body will go through a variety of changes such as hormonal, physical and also, emotional changes. We will focus on how to **fuel your body** with the best nutrient to help meet the increased demands of your changing body, as well as providing the best nutrients for your growing baby.

Giving your body the nutrients it needs will not only help with healthy weight gain, fetal growth and overall mood, but it will also help curb craving and maintain sustained energy levels.

A mother is the **sole source of nutrients** for her growing baby during pregnancy and breastfeeding, but don't stress, we have got you covered.

We will make pregnancy nutrition simple, easy and yummy for you!

Seeing as you are busy growing an entire new person, it's no wonder that **your nutritional needs will increase**. Your micronutrients (vitamins & minerals) will increase, but even more so will your macro nutrients increase (protein, carbs and fats). You will be able to meet these needs with a healthy, balanced, variety diet.

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During the first trimester

It is not needed to increase your calories per day, but you should aim for 70-100g of protein, 1200mg calcium (600mg twice a day), 600 mcg folate and 27mg iron.

2

During your second trimester

You can add 350 calories to your total daily calories

3

During your third trimester

You can add 450 calories to your total daily calories.



Pregnancy is a stage of life where **rapid growth and development** take place and adequate **protein is crucial** to ensure a healthy outcome.

It has been reported that **75%** of pregnant and breastfeeding women are not meeting their daily protein requirements.

Weeks after conception adjustments in your protein intake is necessary to support healthy fetal growth while maintaining maternal homeostasis and preparing for lactation. Protein is the **building blocks** for every cell and tissue in your body, everything from muscles to fingernails! They provide structure to cells and helps them to function properly, and when they get damaged, protein helps in the recovery of those cells.

You and your baby need protein to build, repair and maintain muscles, connective tissues, skin and organs. **Protein is the optimal nutrition during pregnancy**, as it gives your body the resources it needs to maintain lean tissue, ensure adequate milk supply and helps your baby's growing body.

It is also essential to meet the demand for extra blood and oxygen supply and to promote healthy weight gain during pregnancy. The third trimester is the most important time to focus on protein as protein deposits in both maternal and fetal tissues.

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You need between 75-100g of protein per day during pregnancy

The first 1000 days of your baby's life (from conception up to two years of age) plays a vital role in short-and long term health. Your baby's brain, body, endocrine system and the immune

system undergoes rapid development and growth, thus consuming the **right nutrients is absolutely vital**.

You need the right **quantity AND quality** nutrients to fuel not only you, but also your growing baby.

A protein-deficient diet during pregnancy can lead to the mother being tired and can cause hampered growth in the baby.

Seafood can be a wonderful source of protein, zinc and iron that plays a vital role in your baby's growth and development. The DHA and other Omega 3 fatty acids in fish promote healthy brain development. You need about **340g** of **seafood** per week to meet your nutritional goals, that is about 2-3 servings of fish per week.

Healthy bodies make healthy babies.

TOP TIPS



Eat protein with every meal & snack



Eat whole grains such as oats and brown rice and pasta



5+ fruits and veggies per day



Dairy products high in calcium (or nuts)



Foods with essential fats

Constipation during pregnancy:

During pregnancy, the hormone progesterone causes your muscles, including your intestines to relax. This in turn leads to constipation.

You should aim for **25-30g of fiber** a day to help and prevent constipation. **Water** is also vital in the fight against constipation, sometimes this will mean that you will have to double up on your water intake per day. Aim for 2.8 liters per day. **Exercise** can also help to reduce constipation because exercising stimulates the bowels. Aim for 20-30 minutes 3 times a week. This can range from walking, going to the gym or doing prenatal yoga.

Pregnancy fatigue:

This is commonly caused by hormones (thanks to progesterone) and should subside after your first trimester. You can also bump up your **iron and protein** intake to give you an energy boost, as well as a **B Vitamin Complex**. Although you won't be able to fully eliminate fatigue, fueling your body with the right nutrients can give you the energy you need to get through your day.



Nausea during pregnancy:

Researchers found that eating frequently did not help in reducing nausea, but that **liquid meals** did reduce the severity of nausea.

Protein was found to reduce nausea more than carbohydrate meals. Eating a **high protein** meal at night can keep your blood sugar levels steady during the night, helping to ease that severe morning nausea.

Eating small throughout the day, about every 3-4 hours will help keep your blood sugar levels stable, help ease nausea, control heartburn and keep your energy levels up. Ending your day with a high protein meal or shake will help keep you satisfied throughout the night, as well as help ease that early morning nausea.



Muscle cramps during pregnancy:

Muscle cramps in your calves, legs and back are quite common during pregnancy. This can be due to:

- 💛 Excess strain and weight being carried around
- 💛 Dehydration
- 💛 Nerve compression
- 💛 Lack of minerals, such as potassium, calcium and magnesium.

You can help prevent and ease muscle cramp by:

- 💛 Drinking enough water during the day
- 💛 Stretching your muscles
- 💛 Ensure that you get in enough minerals
- 💛 Relaxing in a Magnesium Bath soak for 15 minutes.

Stretch marks during pregnancy:

During pregnancy, your skin stretches and it might stretch to a point where your skin can't keep up. The surge in pregnancy hormones can also weaken skin fiber, contributing to the appearance of stretch marks.

Collagen can help by making your skin more flexible. When your skin stretches, the middle layer of your skin gets damaged. This layer consists out of fibers that allows your skin to stretch as your baby & body grows. When the collagen found in the skin decreases, the likelihood of stretch marks increases.

The best treatment for stretch marks is prevention. It's important to keep your skin hydrated and true hydration happens from the inside, so proper nutrition is key. Drinking collagen helps with the production of collagen in the body, leading to hydrated, flexible, and nourished skin.

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AVOID food & drinks that contain phenylalanine and aspartame (which contains high levels of phenylalanine) as it may alter brain growth in the fetus. Aspartame is usually found in most diet drinks.



Is pregnancy Insomnia getting the best of you?

Glycine in collagen has been found to improve sleep quality, as well as shorten the time it takes to fall asleep. Glycine not only improves your night's sleep, but increase improves your memory and does not cause daytime sleepiness.

Why not unwind and relax before bed with our herbal **Pregnancy Sleep Tea** mixed with 10-15g of Pure Collagen to help you fall asleep faster and improve your sleep quality.

Taking a 15 minute soak in our **Magnesium bath soak** can help you unwind and relax before bed. Magnesium has been found to promote better sleep, sleep quality and lessen the time it takes to fall asleep.

The best combination for improved sleep?

Take a 15minute soak in our Magnesium Bath soak while sipping on a Sleep tea, enriched with 10g Pure Collagen. Alternatively, you can have a Whey Collagen shake before bed instead of the Pure Collagen. Our shake provides 10g of Collagen per serving and with the high protein value, you can keep those feelings of hunger at night at bay.

Taking our prenatal at night can also help induce and promote better sleep, with 300mg of Magnesium in each serving.



BREASTFEEDING NUTRITION GUIDE

Breastfeeding might come naturally to you, but to some it might be a daunting task full of unanswered questions. With our breastfeeding nutrition guide, we hope to make this new journey a little bit easier. Women can boost their breastmilk supply through a combination of dietary and lifestyle changes. Try to make healthy choices as far as possible to help fuel your milk production.

A healthy diet with an adequate amount of calories from varied sources promotes quality milk production and boosts your energy. The calorie content and composition of breast milk changes during each feeding throughout your breastfeeding journey in order to meet the needs of your baby.

One of the key nutrients which impacts milk production is **protein**. It supports both your milk supply, as well as the growth and development of the baby. It also helps in synthesizing hormones, enzymes, immune system and antibodies.

To ensure a steady supply of breastmilk it is important to eat plenty of protein-rich food every day. You and your baby need protein to ensure that your body can build, repair and maintain your muscles, connective tissue, skin and organs. Consuming an adequate amount of protein after the birth of your child provides you with optimal nutrition to maintain lean tissue while your body is hard at work to heal and recover. Protein can reduce your recovery time post partum and supports your ability to **produce nourishing breastmilk**. During lactation, your body uses protein to produce breast milk and to sustain your growing baby. Protein requirements surge during lactation as it is a **critical macronutrient** for healthy development and growth.

Protein is linked to a faster **recovery time after birth**. Protein shakes, like our Yummy Mummy Shakes is not only great for faster recovery, but also for getting in all the nutrients that you need so much from during recovery and breastfeeding. Smoothies is a great way to lose baby weight, support milk supply and get in

Breastfeeding is considered successful when the baby is gaining a healthy amount of weight.

your macro- & micronutrients. Protein offers **essential amino acids** to the body, which goes into muscle development, cell turnover, hair, skin, nails and organs. Both mom and baby need protein, and in today's diet, it is easier to grab crackers, bread and rice rather than high-quality sources of protein. Also, many moms just don't have the time to prep and prepare protein for every meal, and many are sensitive to dairy. Baby's need protein from the consumption of the mother. **Our bodies don't create protein on their own, so we need to make sure we eat enough.**



Protein helps repair cells and baby grow



Protein is involved with cell regeneration



Protein helps breastfeeding mothers heal after birth



Protein is important for skin, nails and hair



Protein enters the breast milk for baby

According to the WHO, breastmilk consists **80%** out of water.

Have you ever felt thirsty as soon as you start breastfeeding? This is thanks to the hormone oxytocin. When your baby latches, oxytocin levels increase and stimulates thirst. This helps to ensure that you stay **properly hydrated**. Keeping water close by when breastfeeding will help quench your thirst, especially when you can't get up because you're stuck under a baby.

Micronutrients for breastfeeding can be broken down into two groups, categorized to the extent in which they are secreted into breastmilk.

Group 1 Nutrients	Group 2 Nutrients
Vitamin B1	Folate
Vitamin B2	Calcium
Vitamin B6	Iron
Vitamin B12	Copper
Choline	Zinc
Vitamin A	
Vitamin D	
Selenium	
Iodine	

If you have depleted **group 1 nutrients**, then they won't be secreted into your breastmilk. Supplementing with these nutrients will increase the content in your breastmilk and, as a result, enhance the health of your baby.

On the other hand, the concentration of **group 2 nutrients** is not dependant on the mother's diet. Even though supplementing with these nutrients will not have an impact on your breastmilk, it can still improve overall **maternal health** by replenishing maternal stores.

If your intake of these nutrients is low, your body will take these nutrients from your bone and tissue stores to secrete them into your breastmilk. This is why it's important to **replenish your own body stores**.

Stress and anxiety can reduce breastmilk production.

Stress is the No. 1 killer of breastmilk supply, especially in the first few weeks after delivery. Between lack of sleep and adjusting to the baby's schedule, rising levels of certain hormones such as cortisol can dramatically reduce your milk supply. You can go from having an ample milk supply to literally none in 24 hours due to stress. Stress inhibits the hormone oxytocin and oxytocin is what causes your milk let down.

Stress can slow your milk flow



Weight loss and breastfeeding

It took 9 months to grow your baby, you can't expect it to bounce back in a few weeks. Be kind to yourself during this new phase of motherhood.

During pregnancy, most women store an extra 2-5kg of tissue, mainly as fat, in preparation for breastfeeding. After birth, if a woman does not consume an extra 500 calories a day, then these body stores will be used to maintain lactation. Weight loss during pregnancy does not usually impact the quantity or quality of breastmilk.

To lose weight during breastfeeding you should focus on **increasing your protein intake** and **lowering your fat intake**.

A diet high in protein can help you lose weight without you sacrificing vital nutrients. Increasing your protein intake can help curb cravings and your appetite, which, in turn, will help you lose weight.

Eating a variety of foods when breastfeeding will change the the flavor of your breastmilk, which might help your baby to accept foods more easily in the future.



Your body uses protein to produce breastmilk and to sustain your ever growing baby.



Caffeine in breastfeeding.

Max 2-3 cups per day as 1% of the caffeine you consume is transferred to your breastmilk. Caffeine will not harm your baby, but because it takes them longer to metabolize, it may interfere with their sleep.

Get outside and get some Vit D. Your baby needs vitamin D to absorb calcium and phosphorus.



Protein influences the growth of healthy cells in your baby's brain, organs and muscles.

FOOD & MEAL IDEAS DURING PREGNANCY

Breakfast Ideas:

- Eggs, Avo and Wholegrain toast
- Mince and cheese on wholegrain toast
- Minute steaks and cheese
- Haddock
- Nuts and nut butters with wholegrain toast
- Oats with 1 scoop YML Whey Collagen Protein
- Greek Yogurt with Booby Bites & Fruit (like apples, berries or banana)

Seafood High in Omega 3 but low in mercury:

- Salmon
- Anchovies
- Herring
- Sardines
- Freshwater trout
- Shrimp
- Cod
- Crab
- Haddock
- Hake

Food that can help with muscle cramps are:

- Kiwi
- Bananas
- Cantaloupe

Snack Ideas:

- Cottage Cheese
- Quinoa
- YML Whey/Dairy Free Collagen Protein Shake
- Booby Bites
- Nuts & Seed Mixes
- Cheese & carrots sticks with hummus
- Fruit salad
- Apples with nut butter spread
- Dried fruit
- Rice cakes with nut butters or cottage cheese

Besides seafood, you can get your Omega 3 Fatty acids with other great sources such as:

- Flax seeds
- Sunflower seeds
- Walnuts

High Fiber Foods:

- Bran cereals
- Whole grain bread
- Apples
- Sweet corn
- Carrots
- Strawberries

BREASTFEEDING SUPERFOOD

- Apples
- Quinoa
- Berries
- Spinach
- Carrots
- Apricots
- Asparagus
- Sweet potato
- Milk

- Oatmeal
- Pumpkin Seeds
- Almonds
- Brown Rice
- Lean Meats
- Yogurt

SMOOTHIES

Smoothies are a great and refreshing way to get in your daily dose of vitamins, healthy fats, fiber and protein. The nutrients in smoothies are also absorbed faster because it's already in liquid form.

Smoothie Ingredient List:

FRUITS:

- Bananas
- Cherries
- Apples
- Pears
- Strawberries
- Peaches
- Blackberries
- Blueberries
- Raspberries

HEALTHY FATS:

- Coconut Milk
- MCT Oil
- Flax Seed Oil or whole flax seeds
- Avo Oil or real Avo
- Chia seeds
- Nut butters

PROTEIN:

- YML Dairy Free/ Whey Collagen Protein Shake
- Nut Butters
- Greek Yogurt

FIBER:

- Oats
- Chia seeds
- Flax seeds



THE BEST YUMMY MUMMY LIFESTYLE PRODUCTS TO MAKE YOUR PREGNANCY JOURNEY EASIER AND HEALTHIER.



Whey Collagen Protein Shake

This shake will help meet your protein goals during pregnancy, helping to meet your growing baby's needs as well as the maternal needs of your ever-changing body. One serving will also provide you with 10g of collagen to assist with joint and ligament pain, as well as nourishing your skin from the inside out. We also included a 40% multivitamin, oats and flax seeds to help you in having a healthy, happy pregnancy.



Booby Bites

This snack is packed with wholesome, nutritious ingredients. The nuts and seeds will boost your essential fatty acid nutritional goals, while the gluten-free oats give you sustained energy throughout your day while preventing constipation. Nuts and seeds are also good sources of protein and minerals.



Prenatal Vitamins

Our prenatal vitamins assist in meeting your micronutrient goals during pregnancy. Ensuring that your vitamin and mineral needs are met, you can help prevent pregnancy fatigue, nutrient deficiency and prevent osteoporosis later in life.

THE BEST YUMMY MUMMY LIFESTYLE PRODUCTS TO MAKE YOUR PREGNANCY JOURNEY EASIER AND HEALTHIER.



Magnesium Bath Soak

This bath soak will help ease pregnancy aches and pains, and if used as a foot soak, can help reduce swelling associated with pregnancy.

Magnesium is also known to help you destress and sleep better.



Pure Collagen

Collagen can help with joint and ligament pain, improving skin and hair health, nourishing the skin from the inside out and making skin more elastic, helping to prevent stretch marks.

Glycine found in collagen can also help with better sleep.



Our Morning Sickness Tea top tip:

Add boiling water to 1 tea bag. Steep for 5 minutes and pour into a water bottle. Place the water bottle in the freezer until the tea turns into a slushy. Drinking the morning sickness tea ice cold helps in relieving nausea and also keeps you hydrated.



Other products to use during pregnancy:

YML Pillow Spray

Pregnancy Sleep tea

Mommy Mist

THE BEST YUMMY MUMMY LIFESTYLE PRODUCTS FOR BREASTFEEDING



Whey/Dairy Free Collagen Protein shake

Our shakes are the #1 must have when breastfeeding. Don't have time to cook a meal? Have a shake. Need a boost in nutrients? Have a shake. Milk supply taking a dip? Have a shake. Our shake works perfect as a meal replacement shake. It will help to meet all you breastfeeding nutritional goals, assist with weight management and support healthy growth and development of your breastfeeding baby. Our shake is high in protein, low in sugar and delivers 10 000mg collagen per serving, 40% multi vitamin, added oats and flax seeds.



Pure Collagen

This tasteless collagen can help meet your daily protein goals. Collagen helps with reducing post partum hair loss, as well as promoting faster healing post partum. Collagen can easily be added into your coffee, smoothies, juice, cereal or sauces.



Breast Greens

These capsules are a great way to bump up your supply without the unwanted calories. These capsules not only contains 6 galactagogues to help with your supply, but they also supports overall wellness and provides a boost of essential minerals.



Booby Bites

A quick, on the go lactation snack to fill you up when you don't have time for a meal. These bites are packed with wholesome food sources such as nuts, seeds and gluten free oats. The provide you with fiber, essential fatty acids and minerals. These nutrients are carried through to your breastmilk and onto your breastfed baby.

THE BEST YUMMY MUMMY LIFESTYLE PRODUCTS FOR BREASTFEEDING



Lactation Bar Premix

This premix is the perfect pantry must have. There for the moments that you need a boost in your supply as soon as possible, or when breastfeeding munchies gets the best of you. Our premix is a easy, quick way to make your own lactation cookies and you can switch it up by adding different chocolate chips, nuts and seeds.



Lactation Brew Tea

The lactation tea is a great way to stay hydrated when you aren't a big water drinker. Add some fruit, honey and ice to make yourself a yummy ice tea. The lactation tea not only helps to keep you hydrated but also helps with supporting a healthy breastmilk supply with the help of trusted galactagogues.



PreNatal Vitamins

These vitamins will help meet your micro nutrients during breastfeeding to support both maternal needs as well as the needs of your breastfeeding child.



Other products to use during breastfeeding:

YML Pillow Spray
Pregnancy Sleep tea
Mommy Mist

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Pre and Post Natal Support