

## Food during Delivery

So for nine months, you have been trying to eat healthy and stay active. Now that your due date is fast approaching, what should you do? When you are going into labour, eating the right foods, or perhaps not eating at all, may help with the process. Your doctor might not allow you to eat in case you need anaesthesia, which involves the risk of getting food and acid in your lungs from vomiting. In most cases though, you will be allowed to eat a little bit.

Giving birth is called labour because it is a hard and tiring workout! Just like any workout, you need to prepare your body for what is about to come. You will need to stay hydrated by drinking lots of fluids. You will also need to provide your body with the fuel it will use in this time. It is better at this time to eat small, light snacks. You do not want to distract your body away from the task at hand so try to avoid dairy and foods that are high in fat, fiber, or protein. Instead, focus on simple carbs to give you energy. Below is a list of things that you may eat or drink when going into labour.



### Liquids

- Water
- Fruit juice
- Sports drinks like Gatorade
- Ice chips
- Clear broth (avoid store-bought soup because those have lots of salt and will dehydrate you!)

### Solid food

- Toast
- Plain
- Apple

juice!)



with jam  
pasta (no creamy sauces!)  
sauce or Jell-O

- Popsicles (even better if they contain fruit

