


## Snacks for Labour – courtesy of Timea Szalay of Gentle Mothering Breastfeeding Services

Please Remember to Eat and Drink Lightly in Labour

<p><b>Sweet and Cool</b></p> <p>½ cup Apricot Nectar          1 cup Apple juice          2 cups Fresh Orange juice*          1 cup Pineapple juice (optional)</p>	<p><b>Veggie Juice (cool or warm)</b></p> <p>2 cups Tomato juice or V8 juice          ½ to 1 cup water          2 dashes of Soy sauce (I recommend fermented soy sauce)</p>
<p><b>OR</b></p> <p>½ cup Fresh Orange juice          ½ teaspoonful Sea salt          1 cup Rice Dream          pinch Kelp powder</p>	<p><b>UNGATOR AIDE (LabourAide)</b></p> <p>Juice of ½ Lemon, Orange or Lime          1-3 Tablespoonful Honey or Brown Sugar          ½ teaspoonful salt          pinch baking soda          1 cup Cranberry juice          Add water to make 1 quart (1 litre)</p>
<p><b>Warm and Salty</b></p> <p>1 cup Hot water          1-3 teaspoonful (to taste) of Vegemite or Soy sauce (no MSG) (I recommend fermented soy sauce)          ½ teaspoonful Honey</p>	<p><b>Frozen, Sweet Lassi</b></p> <p>Whiz fruit and yogurt together in the blender with ice cubes until smooth.</p> <p>(Optional – throw in a Banana)</p>
<p><b>Chilled</b></p> <p>Any of the Celestial Seasonings herbal teas.          Use ½ and ½ with apple juice, or any other juice.          Pinch of Salt</p>	<p><b>Broths</b></p> <p>Try to avoid the broths that they bring in the hospital as they are full of MSG and will cause swelling. Bring your own bullion such as McCormick and take it with you for during and after labour.</p>
<p><b>Cool, Lightly Sweet</b></p> <p>½ Raspberry leaf tea          ½ Mint tea          Some Fresh Orange juice</p>	

*\*Use only fresh juice when pregnant – the juice frozen 'from concentrate' usually causes heartburn.*

*\* Consult your Doctor or Midwife to ensure that these nutritional recommendations are okay for you!*