

# Postpartum Replenishment *Reference Guide*



DR

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# welcome

Hi, I'm Brittany. I am a Nutritional Therapy Practitioner, Postpartum Hormone Specialist, and mother to 3. I have worked with postpartum women for many years, first as a birth doula and now as a Nutritional Therapist.

I personally experienced postnatal depletion, after the birth of each of my children and I know how miserable it can make you feel. I remember searching for help through my care providers and even a nutritionist but I was unable to find the answers I was looking for.

I now work to help other mothers who are in my shoes, to replenish nutrients, support their hormones and get back to feeling like themselves. I created this free mini guide to be a resource for mothers who are in a similar situation as I was in. In this guide you will find the top ten nutrients most commonly depleted in women after birth and the best food sources to replenish them.



u n d e r s t a n d i n g

# Postpartum Depletions



Postpartum is a very unique time in a woman's life. It is a time of joy, love, excitement and connection with their new child. It is also an exhausting, demanding, painful, depleting, lonely and difficult time.

Over half of postpartum women experience depletion that can last up to 7 years, possibly longer. Mothers who have multiple pregnancies are at a higher risk, especially if those pregnancies are spaced closely together. Postpartum can even influence women into menopause. How you heal postpartum can influence your health throughout the rest of your life.

Many people believe that common postpartum issues are normal because they happen to so many women. When the reality is that these symptoms are the body's cry for help. A way of communicating that it needs support.

## Common but not normal symptoms experienced postpartum.

- Hormone Imbalance
- Major Hair Loss
- Mood Swings
- Fatigue
- Changes to skin and nails
- Depression
- Anxiety

# Nourishing Tips

## PRIORITIZE ANIMAL FOODS

Animal foods are some of the most nutrient dense foods in the world. They are loaded with a variety of vitamins and minerals, and those nutrients are more available for use in the body. Consuming a variety of quality animal foods is a great way to support postpartum replenishment. Grass fed and pasture raised animal foods will be the most nutrient dense.

## EAT BREAKFAST

Postpartum can be a very stressful time on the body. It is common for a mother to go hours in the morning caring for her family and not nourishing herself. By eating first thing in the morning, you provide important energy to your body and provide it the fuel that it needs to function. Eating first thing is also supportive of reducing stress hormones and supporting adrenal health.

## COOKED OVER RAW

Prioritizing cooked foods over raw can be supportive of digestion in the postpartum period. Physiological changes occur to the gut after birth. This can decrease nutrient absorption due to a lack of digestive enzymes and stomach acid, which can make digesting raw food more difficult. If you feel like your digestion is struggling, cooking your foods may be beneficial.

## INCREASED CALORIC NEED

During postpartum, the body requires a great deal of energy to heal and even more if breastfeeding. That energy comes from food. Postpartum is not the time for dieting. Instead, it is a time of an abundance of nourishment. Healing increases your caloric need. I recommend a MINIMUM of 1800-2200 calories per day, more if breastfeeding.



# Top 10 Nutrients for Postpartum Repletion

**01** IRON

**06** MAGNESIUM

**02** ZINC

**07** VITAMIN C

**03** B12

**08** CHOLINE

**04** VITAMIN D

**09** DHA

**05** COPPER

**10** FAT SOLUBLE  
VITAMINS



# Postpartum Nutrients

and the best food sources

## IRON



### Possible Symptom's of Depletion

- Fatigue/weakness
  - Strange cravings - i.e. dirt/ice/clay
  - Pale skin
  - Fast or irregular heartbeat
  - Dizziness
  - Brittle nails
  - Cold hands & feet
  - Shortness of breath
  - Headaches
- 
- Heme iron is found only in animal foods and is more absorbable by the body
  - Non-heme iron is found in plant foods
    - Phytic acid in plant foods can greatly reduce the amount of iron absorbed.
    - Vitamin C can help increase absorption from non heme iron.

### Food Sources

- Heme iron
  - Beef, Liver & Spleen
  - Pork
  - Oysters
  - Chicken & Turkey
  - Fish Roe
- Non-Heme
  - Spirulina
  - Cooked Spinach
  - Lentils
  - Beans
  - Cashews

### RDA

- Women: 18mg a day
- During Pregnancy: 27mg a day
- During Lactation: 9mg a day

# Postpartum Nutrients

and the best food sources

## ZINC



### Possible Symptom's of Depletion

- Hair loss
  - White spots on nails
  - Loss of appetite
  - Weak immune system
  - Slow healing
  - Brain fog
  - Sleep issues
  - Low libido
- Important for digestion, immune health, hormone production, and making neurotransmitters.

### Food Sources

- Oysters
- Seafood
- Beef
- Pork
- Chicken
- Lamb
- Eggs
- Dairy
- Seeds (Hemp, Pumpkin)
- Cashews
- Lentils
- Chickpeas

### RDA

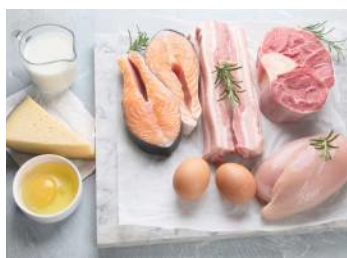
- Women: 8mg a day
- During Pregnancy: 11 mg a day
- During Lactation: 12 mg a day



# Postpartum Nutrients

and the best food sources

## B12



### Possible Symptom's of Depletion

- Fatigue
  - You/ your muscles feel weak
  - Pins & needles sensation
  - Brain fog
  - You feel wobbly or dizzy
  - Pale skin
  - Depressed or anxious
  - Vision changes/ issue
- 
- B12 is important for the health of the nervous system and nerve cells, the production of red blood cells and is vital to DNA production.
  - B12 occurs predominantly in animal foods, plant based diets increase the risk of depletion.

### Food Sources

- Animal Liver & Kidney
- Beef
- Clams
- Seafood
- Poultry
- Eggs
- Dairy

### RDA

- Women: 2.4 mcg a day
- During Pregnancy: 2.6 mcg a day
- During Lactation: 2.8 mcg a day

# Postpartum Nutrients

and the best food sources

## VITAMIN D



### Possible Symptom's of Depletion

- Bone or muscle pain
- Significant weakness
- Fatigue
- Weakened immune system
- Depression or anxiety
- Hair loss
- Gut issues
- Muscle pain

- Vitamin D is most well known for the role it plays in bone and immune health, but it is important for many areas of the body
- Daily sun exposure is the best way to support vitamin D levels .
- 15-20 minutes during mid day sun is the best time to optimize vitamin D production.

### Food Sources

- Salmon
- Sardines
- Fish Livers
- Minimal amounts found in
  - Eggs
  - Butter
  - Beef
  - Mushrooms

### RDA

- Women: 600 IU a day
- During Pregnancy: 600 IU a day
- During Lactation: 600 IU a day

# Postpartum Nutrients

and the best food sources

## COPPER



### Possible Symptom's of Excess

- Irritability
- High anxiety
- Hyper activity
- Sleep issues
- Ringing in ear
- Estrogen intolerance
- Premature greying
- Postpartum depression
- Poor stress response

- Copper can be a critical piece for postpartum health.
- It is more common to see copper levels too high in postpartum than too low.

### Food Sources

- Liver
- Oysters
- Cacao & Dark Chocolate
- Cashews
- Soybeans
- Tahini

\*Limiting or avoiding copper rich foods may be needed if copper levels are too high.

### RDA

- Adults 900 mcg

# Postpartum Nutrients

and the best food sources

## MAGNESIUM



### Possible Symptom's of Depletion

- Adrenal insufficiency
  - Anxiety
  - Tremors
  - Excessive sweating
  - Depression
  - PMS
  - Hyperthyroidism
- Magnesium has over 3000 different functions in the body. including, inflammatory response, proper elimination of waste, supports liver detoxification, needed for optimal reproduction, supports menstruation, reduces PMS, helps your nerves function and much more.

### Food Sources

- Dark Chocolate
- Avocados
- Almonds & Cashews
- Pumpkin & Hemp Seeds
- Cooked Spinach
- Salmon & Mackerel

### RDA

- Women: 310mg a day
- During Pregnancy: 320mg a day
- During Lactation: 360 mg a day

# Postpartum Nutrients

and the best food sources

## VITAMIN C



### Possible Symptom's of Depletion

- Easy bleeding or bruising
  - Poor wound healing
  - Weakness
  - Fatigue
  - Rough bumpy skin
  - Bright red hair follicles
  - Painful swollen joints
  - Chronic inflammation
- 
- Important benefits during postpartum include, collagen synthesis, wound healing, adrenal health, energy production, and antioxidant properties.

### Food Sources

- Acerola Cherries (Can get in supplement form)
- Camu Camu Powder
- Peppers
- Citrus Fruits
- Mangos
- Strawberries
- Cruciferous Vegetables

### RDA

- Women: 75mg a day
- During Pregnancy: 85 mg a day
- During Lactation: 120 mg a day

# Postpartum Nutrients

and the best food sources

## CHOLINE



### Possible Symptom's of Depletion

- Low energy levels
  - Memory loss
  - Muscle aches
  - Nerve damage
  - Fatigue
  - Brain fog
  - Fatty liver
  - Anxiety
- Essential for proper liver function, heart health, cell membrane integrity, the prevention of birth defects and healthy development of children.
  - Breastfed babies have a high demand for choline from their mothers milk and many prenatal vitamins do not contain choline.

### Food Sources

- Beef Liver
- Chicken Liver
- Eggs
- Wheat Germ
- Shrimp & Fish
- Cruciferous Vegetables
- Kidney Beans

### RDA

- Women: 425 mg a day
- During Pregnancy: 450 mg a day
- During Lactation: 550 mg a day

# Postpartum Nutrients

and the best food sources

## DHA



### Possible Symptom's of Depletion

- Dry skin
  - Fatigue
  - Low libido
  - Memory loss
  - Depression
  - Mood swings
  - Brain inflammation
- 
- A growing baby requires a good amount of omega 3 fatty acids and DHA for the development of the brain, eyes and central nervous system.
  - If the mothers diet does not contain enough of these nutrients the body will take them from the mothers nutrient stores, commonly from the brain.

### Food Sources

- Egg Yolks
- Chia Seeds
- Salmon
- Tuna
- Sardines
- Flax Seeds
- Hemp Seeds

### RDA

- Women: 200- 500 mg a day (minimum)



# Postpartum Nutrients

and the best food sources

## VITAMIN A (Fat Soluble Vitamin)



### Possible Symptom's of Depletion

- Dry skin
  - Dry eyes
  - Night blindness
  - Infertility & trouble conceiving
  - Delayed growth
  - Poor wound healing
  - Acne & breakouts
- 
- Important for vision health & immune function.
  - Maintains the health of the mucus membranes
  - Antioxidant properties are supportive of skin health

### Food Sources

#### Retinol (Preformed A)

- Beef Liver
- Chicken Liver
- Shrimp
- Eggs
- Whole Milk
- Yogurt
- Butter/Cheese

#### Beta Carotene (Needs to be Converted)

- Carrots
- Sweet Potato
- Apricots
- Red & Yellow Peppers
- Dark Leafy Greens

Note: It is important to consume carotenoids with fat for best absorption.

### RDA

- Women: 2,333 IU a day
- During Pregnancy: 2,567 IU a day
- During Lactation: 4,333 IU a day

# Postpartum Nutrients

and the best food sources

## VITAMIN E (Fat Soluble Vitamin)



### Possible Symptom's of Depletion

- Muscle pain or weakness
- Visual disturbances
- General unwellness

- Vitamin E is another antioxidant that is important for cell membranes.
- Helps maintain the health and function of the reproductive, vascular and nervous system.

### Food Sources

- Sunflower Seeds
- Almonds
- Spinach
- Avocados
- Wheat Germ
- Fatty Fish
- Eggs

### RDA

- Women: 15mg a day
- During Pregnancy: 15 mg a day
- During Lactation: 19 mg a day

a n d t h e b e s t f o o d s o u r c e s

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- Easy bruising or bleeding
- Poor wound healing
- Osteoporosis
- Arterial calcification

- ## Food Sources
- Goose Liver
  - Beef Liver
  - Hard & Soft Cheese
  - Cottage Cheese
  - Egg Yolk
  - Dark Chicken Meat

- Women: 100-300mcg a day

# Postpartum Nutrient Cheat Sheet

## 01 IRON

- Heme iron
  - Beef, Liver & Spleen
  - Pork
  - Oysters
  - Chicken & Turkey
- Non-Heme
  - Spirulina
  - Cooked Spinach
  - Lentils
  - Beans
  - Cashews

## 02 ZINC

- Oysters, Seafood
- Beef, Pork
- Chicken
- Lamb
- Eggs
- Dairy
- Seeds (Hemp, Pumpkin)
- Cashews
- Lentils
- Chickpeas

## 03 B12

- Animal Liver & Kidney
- Beef
- Clams, Seafood
- Poultry, Eggs
- Dairy

## 04 VITAMIN D

- Sunshine
- Salmon
- Sardines
- Fish Livers
- Minimal amounts found in
  - Eggs
  - Butter
  - Beef
  - Mushrooms

## 05 COPPER

- Liver
- Oysters
- Cacao & Dark Chocolate
- Cashews
- Soybeans
- Tahini

## 06 MAGNESIUM

- Dark Chocolate
- Avocados
- Almonds & Cashews
- Pumpkin & Hemp Seeds
- Cooked Spinach
- Salmon & Mackerel

## 07 VITAMIN C

- Acerola Cherry
- Camu Camu Powder
- Peppers
- Citrus Fruits
- Mangos
- Strawberries
- Cruciferous Vegetables

## 08 CHOLINE

- Beef Liver
- Chicken Liver
- Eggs
- Wheat Germ
- Shrimp & Fish
- Cruciferous Vegetables
- Kidney Beans

## 09 DHA

- Egg Yolks
- Chia Seeds
- Salmon
- Tuna
- Sardines
- Flax Seeds
- Hemp Seeds

## 10 A,E & K2

- Beef Liver
- Chicken Liver
- Shrimp
- Eggs
- Whole Milk
- Yogurt
- Butter
- Cheese

\*Limiting or avoiding copper rich foods may be needed if copper levels are too high. High copper during postpartum may contribute to postpartum mood disorders.

# Sneak Peek Into "Restoring Postpartum"

Everything you need to know to replenish  
your postpartum body.

Get the  
course here!



# "Restoring Postpartum"

a p e a k i n t o w h a t ' s i n c l u d e d . . .

## m o d u l e 1

### Understanding Postpartum Depletion

- Understand what postnatal depletion is.
- Learn why depletion occurs.
- Discover the future implications of postpartum depletion and how to protect yourself.

## m o d u l e 2

### Optimizing Nutrition

- Transform your postpartum health through:
  - Blood Sugar Regulation
  - Healthy Digestion
  - Minerals & Micronutrients
- Address your needs with targeted supplementation.
- Get nourishing tips and tricks including recipes, freezer meals & snack ideas

## m o d u l e 3

### Rest & Rejuvenation

- Learn about factors that negatively impact sleep and how to overcome them.
- Take steps for getting better sleep postpartum.
- Rest & rejuvenate outside of sleep.

## m o d u l e 4

### Nervous System Health in Postpartum

- Understand your nervous system and its critical role in motherhood.
- Discover why nervous system regulation is the missing piece to an optimal postpartum experience.
- Build foundations for regulation.
- Learn about sunshine as the ultimate healer.
- Explore grounding and how it can support your postpartum healing.

## m o d u l e 5

### Balance in the New

- Find joy in this new adventure.
- Learn about physiological changes to your body after baby and how to support healing.
- Understand postpartum hormones, what to expect, and how to optimize balance.
- Explore testing options and where to find help if needed.



# Imagine if...

- You understood the effects of postnatal depletion and understood exactly how to replenish your body.
- You knew how to support optimal hormone balance through healthy digestion, blood sugar regulation, and proper nutrition.
- You understood the role your nervous system plays in your overall well-being and had practical tips to regulate when feeling overwhelmed or overstimulated.

“Restoring Postpartum” is designed to give you the tools you need to replenish your postpartum body and empower you to feel like your best self again.

Get the  
course here!



*stay connected*

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