



# Essential Nutrients —To Have After— **CESAREAN DELIVERY**



## **Proteins**

Essential for tissue repair and maintaining muscle strength after surgery

### **Sources**

Fish, meat, eggs, dairy, beans, and nuts

## **Calcium**

Important for muscle relaxation, bone and teeth strength, and blood clotting

### **Sources**

Milk, yogurt, tofu, and kale.



## **Iron**

Important for regulating the mother's hemoglobin levels and supporting the infant's neurological development

### **Sources**

Egg yolk, figs, oysters, and dry fruits



## **Vitamin C**

Boosts the immune system and aids in the healing process by increasing collagen production

### **Sources**

Oranges, papaya, tomatoes, strawberries, and broccoli



## **Fiber**

Helps with constipation and prevent strain on the incision

### **Sources**

Whole grains, raw fruits, and vegetables

## **Fluids**

Maintains hydration, prevent constipation, and help with recovery

### **Sources**

Coconut water, unsweetened non-citrus juices, and herbal teas

