

# Foods To Eat And Avoid

## After Miscarriage



### Foods to eat after miscarriage



#### Iron-rich foods

Green leafy vegetables, lentils, brown rice

These foods replenish the iron in your body and help combat weakness after miscarriage.

#### Calcium-rich foods

Dairy products, leafy vegetables, dried fruits

These foods provide calcium to your body and strengthen your bones.



#### Magnesium-rich foods

Almonds, oatmeal, yogurt

Magnesium-rich foods help address issues such as anxiety, sleeplessness, headaches, and confusion.



#### Fruits and vegetables

Citrus fruits, berries, cruciferous vegetables, edible plant stems

Eating various fruits and vegetables will give you all the necessary vitamins, minerals, and antioxidants. Include different colors on your plate to get optimum health benefits.



### Foods to avoid after miscarriage

#### Inflammatory foods

Excess sugar, refined grains, processed meat, fried foods, alcohol

As these foods cause inflammation, they can slow down your recovery.



#### References:

1. Miscarriage; Cleveland Clinic
2. Rapid recovery from major depression using magnesium treatment; National Center For Biotechnology Research
3. Magnesium; National Institute Of Health
4. Fruit and vegetables; Better Health Channel
5. 5 Types of Foods That Cause Inflammation; Houston Methodist