



## FOODS TO AVOID DURING POSTNATAL PERIOD



# FOODS TO AVOID DURING FIRST 40 DAYS POST DELIVERY

## CRUCIFEROUS VEGETABLES

- Cabbage
- Cauliflower
- Broccoli
- Bok choy
- Brussels sprouts
- Turnip
- Kale

## OTHER VEGETABLES

- Okra or bhindi
- Tomato
- Spinach leaves
- Water spinach(kalmi saag)
- Eggplant (baigan)

- Avoid legumes like kidney beans, chickpeas, ghugni, lobia etc.
- Exclude heavy lentils like arhar / toor, dal makhani etc.
- Avoid all kind of processed or stale foods and drinks.
- Exclude fermented foods like dosa, idli, uttapam from the diet.
- Small quantity of green leaves mixed in dal or roti can be consumed.

For more info, reach out to [www.thefirstparents.com](http://www.thefirstparents.com)