the

Postpartum Snack Guide

For the moments when you're hungry, it's not quite mealtime, and you need something nourishing within reach.

I learned this myself postpartum. There were days when I ended up eating chips, bread, or instant noodles simply because they were already there. When you're exhausted, caring for a baby, and running on little sleep, the food that's easiest to reach often wins.

So this guide is about making nourishing food the easy choice, too.

Simple foods. Familiar favorites. A little help from the people around you. 🌿

Created by
Tin Episcope
Postpartum Doula
After Birth Wellness



A LITTLE DIFFERENT AFTER BABY

When you're recovering, feeding a baby, and running on broken sleep, **the food that's easiest to reach is often the food you end up eating.**

The goal is simple:

Keep nourishing food easy to reach, and let other people help you get it there.

WARM + FULLY COOKED

In the early weeks, lean toward foods that are warm or room temperature rather than cold, and fully cooked rather than raw.

SIMPLE IS GOOD

Choose foods with simple ingredients and as little processing as practical.

PAIR IF YOU WANT

Add protein or healthy fats when you want a more filling snack.

MAKE IT EASY TO REACH

Boil the eggs. Wash the fruit. Keep cooked food ready. Better yet, have your husband, family, or a friend prepare some of it for you.

MAKE IT YOUR OWN

Add flavor with cinnamon, ginger, turmeric, or garlic, or try a simple dip like hummus.

DON'T FORGET TO DRINK



Water is enough for everyday hydration.
Coconut water is an optional refreshing choice.
Tea can be enjoyed as part of your usual fluids. If breastfeeding, check that the specific tea or herbal blend is suitable for you and your baby.
Hot chocolate can be made with cacao + coconut or almond milk, with modest added sugar.

*Other warm option: **Bone broth** can be a comforting choice if you enjoy it.*

YOUR SNACK OPTIONS

Each food below can stand on its own. When a pairing makes sense, we've added an easy idea.



EGGS

Protein • Choline • Fat

Easy to prepare ahead. Make them hard-boiled, scrambled, or sunny-side up.



DATES / DRIED FRUIT

Carbohydrates • Fiber • Potassium

Choose dried fruit with few or no added ingredients. Pair with nuts or nut butter.



NUTS

Fat • Protein • Fiber

Almonds, walnuts, cashews, or other nuts you enjoy. Pair with fruit or dried fruit.



OATS

Carbohydrates • Fiber • Iron

Serve warm with nut or seed butter, chia or flax, and fruit.



CHEESE

Protein • Calcium • Fat

Pair with fruit, crackers, or another carbohydrate for a more satisfying snack.



LENTILS / BEANS

Plant protein • Fiber • Iron

Cook until tender. Pair with rice, avocado, or a cooked egg.



DARK CHOCOLATE

Magnesium • Iron • Healthy fats

Choose dark chocolate with a higher cocoa content. Enjoy a small amount with nuts or fruit.



SALMON BITES

Protein • Omega-3 fats • Vitamin D

Turn cooked salmon into bite-sized pieces so it can function as an easy snack.



CHICKPEAS

Plant protein • Fiber • Iron

Bake until crisp, or add to warm rice, lugaw, or soup. Or eat on its own.



GREEK YOGURT

Protein • Calcium

Choose plain Greek yogurt when possible. Pair with fruit, oats, chia, or flax.



SEEDS

Fat • Fiber • Omega-3 fats

Chia and ground flax are easy to add to warm oats, yogurt, or fruit.



NUT or SEED BUTTER

Fat • Protein

Choose simple versions with few ingredients. Pair with banana, oats, or crackers.



AVOCADO

Fat • Fiber • Folate • Potassium

Pair with an egg, a toast, or simply eat it with a spoon.



CRACKERS

Carbohydrates • Energy

Pair with cheese, avocado, nut or seed butter, or another protein or fat source.

A QUICK NOTE:

Have a food allergy, intolerance, sensitivity, or dietary preference? Adapt these ideas to what works for you.

FRUITS

Easy to enjoy on their own or pair with something more filling.



Vitamin C
Orange • Kiwi • Papaya • Mango • Berries • Pineapple • Melon • Watermelon

Fiber
Apple • Pear • Kiwi • Berries • Papaya

Potassium
Banana • Papaya • Orange • Melon • Watermelon

Vitamin A
Mango • Papaya

FILIPINO TREATS

Familiar foods and Filipino ingredients you can enjoy as part of your postpartum day.

KAMOTE / SWEET POTATO
Carbohydrates • Fiber • Potassium



Bake or steam until soft. Pair with egg, nuts, or nut/seed butter.

SAGING NA SABA
Carbohydrates • Fiber • Potassium



Enjoy warm on its own, or pair with peanut butter, nuts, or seeds.

CHAMPORADO
Carbohydrates • Magnesium • Iron



Make it with tablea and coconut milk for a dairy-free option. Keep added sugar modest, and add nuts or seeds if you'd like more staying power.

PUTO
*Carbohydrates • Protein**



Enjoy with an egg or another protein-rich food to make it more satisfying.

Hungry between meals? Your snack doesn't have to look like a snack.

Have that lugaw, leftover fried rice, lumpiang gulay, or egg drop soup. Add malunggay when you have it. It doesn't just live in Tinola.

You don't have to wait for mealtime. 🍚

MAKE-AHEAD OPTIONS



Egg muffins, oatmeal cookies, coconut energy bites can be prepared ahead.

Lactation cookies, broths, and other postpartum-friendly foods are also often available from local sellers. Or ask someone you love to make a batch for you.

MAKE IT A TEAM PROJECT

Having plenty of nourishing food ready can make postpartum easier. Pick what you want available, then give someone else a job.

"Can you boil a dozen eggs?"
"Wash and cut the fruit?"
"Make extra rice?"
"Bake these for me?"

You're recovering too.
Let someone else help keep you fed.



Food safety: Store perishable foods promptly and follow safe refrigeration practices. When in doubt, ask someone to prepare a fresh portion.

READY TO PREPARE FOR MORE THAN FOOD?

A nourishing postpartum starts before the baby arrives. My **free 5-Day Postpartum Prep Email Series** offers short, practical guidance to help you prepare for recovery, nourishment, support, and the early days with your baby.

JOIN THE FREE 5-DAY SERIES →