

When you are in labour it is important to know what to eat and drink. In many cases you will be able to drink during labour when you are thirsty and eat a light snack if you are hungry. When in labour, check with your care provider about the best nutrition plan for you.

When your care provider recommends eating, starches are easily digested and give a slow release of energy.

### Some examples are

- bread, naan, chapati, plain buns, bannock
- white rice
- noodles or pasta
- soft fruits such as bananas, melon, plums, peach, papaya, watermelon
- cooked vegetables without skin or seeds
- plain biscuits or crackers

### When you want to drink, clear fluids are best

- clear soup
- clear tea
- black coffee
- clear juice without pulp
- sport or energy drinks
- clear gelatin foods
- clear frozen pops

### Foods to avoid in labour are

- high fibre and protein foods (nutrition bars with nuts)
- high-fat foods (desserts, pastries)
- protein (meat, fish, beans)
- dairy (cheese, yogurt, milk)

You may be advised to only drink clear fluids, or to stop eating and drinking altogether. Check with your care provider as your labour progresses.