

AYURVEDIC FOODS *RECOMMENDED* DURING THE FIRST WEEKS AFTER BIRTH

Cooked vegetables (*not cruciferous*: broccoli, cauliflower, Brussels sprouts, kale, cabbage, and bok choy)

Fruits

Legumes: yellow mung, red lentils, green mung beans

Warm food

Nuts/Nut butters

Whole milk dairy products

Whole grains: well cooked

Ghee (clarified butter)

Ginger (in small amounts)

Basil, cumin, fenugreek, fennel, dill

Milk puddings; tapioca, rice pudding (without eggs)

AYURVEDIC FOODS *DISCOURAGED* DURING THE FIRST WEEKS AFTER BIRTH

Caffeine (chocolate, coffee)

Cigarettes and alcohol

Raw vegetables

Yeasted breads

Chilies, onions, garlic

Cruciferous vegetables (cauliflower, brussel sprouts, broccoli)

Fermented foods

Cold/icy or crunchy foods

Sugar

Meat

Foods in the nightshade family: tomatoes, potatoes, sweet peppers, and eggplant, for example.

RECIPE FOR BADAAM (ALMOND) NURSING DRINK

Soak 10 almonds overnight.

1 cup of warm milk

1/2 tsp of Ghee

1 tsp of honey

pinch of turmeric

Slip the skins off the almonds. Blend all ingredients together, strain out the pieces of almond as desired. Heat mixture on low heat. Serve warm.