



TORONTO DOULA GROUP

WHAT TO EAT DURING LABOUR



THINK EASILY EATEN, EASILY DIGESTED

During labour it is important to keep your energy up and stay well hydrated.

Most hospitals will allow you to eat light snacks in labour, at least until you get an epidural. Then you become limited to clear foods and fluids such as jello, popsicles and juice. The hospital will have these on hand, so you won't need to bring them with you.

It's important to remember the food you pack in your labour bag is not just for the birthing parent but also for the partner or support person.

Many of the snacks listed can be made in advance or put together in early labour and it can be a good distraction when your cramping or contracting is just beginning.

Trail Mix - Try making your own to avoid unwanted preservatives. You can include: various nuts, raisins, smarties, mini pretzels, and dried fruit

Fruit - Bananas and apples are easily transportable, but you can also try pre-peeled oranges or pre-cut melons and kiwi. Stored in a solid container to avoid being squished.

Veggies & Dip - Consider cut up carrots, celery, and cucumber which has the added benefit of being hydrating. For dips consider hummus or guacamole.

Granola Bars - Choose a granola bar that is more substantial than a regular sugary one such as Kashi or Luna bars. These options will have more protein to give you a longer energy base.



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Simple Sandwiches or Wraps - These can be made in early labour and eaten quickly between contractions and more substantial for the support person or partner to eat.

Energy Bites or Balls - The internet is full of recipes for energy balls and they can be made ahead of time and frozen for the big day.

Foods To Avoid - I generally don't recommend anything dairy related, because it is common for birthing parents to vomit in labour and vomiting dairy is awful and can make the room smell terrible. However, for your support person, things like cheese and yogurt are perfectly acceptable.

How To Pack - Have a separate, small to medium, soft sided cooler bag. These can easily be folded up and packed away when the food is done and for going home.

Use ice packs or a ziploc freezer bag with ice in it to keep these cool. The ziploc bag can be replenished with ice at the hospital for longer labours if needed.



Remember, you aren't going to the cottage for a week, you only need to pack food for a day or two. And after baby is born, the hospital will feed the birthing parent and the support person or partner will be able to go get food from the cafeteria or food area in the hospital. This can also allow them a moment to just chill from the excitement of everything that happened.

For more information: Do not hesitate to reach out to the Toronto Doula Group for more information about ways to make your labour more comfortable, or getting virtual coaching or support during your labour and postpartum period.

www.TorontoDoulaGroup.com