

Nutrition for You, Your Partner & Your Future Baby: POSTNATAL



An Accredited Practising dietitian can help you optimise your nutrition for conception, pregnancy, and beyond, ensuring you meet nutrient needs and reduce risks of complications.

At Alchemy in Motion Noosa our dietitian holds additional certifications in fertility and prenatal nutrition. Optimising nutrition can improve your chances of conceiving and support your baby's lifelong health.

Postpartum

Nutrition after birth can help replenish depleted nutrients, assist recovery, support milk production, and boost energy levels.

- **Faster physical recovery:** Good nutrition can speed up healing and restore energy levels so you can feel well enough to care for both your baby and yourself.
- **Breastfeeding support:** Breastfeeding requires increased energy and key nutrients such as protein, iodine and vitamin D to support healthy milk production and infant growth.
- **Practical support:** Receive nourishing meal ideas and guidance to help you eat well, recover and feel present for this new life chapter.
- **Nurturing your body image:** A dietitian can support realistic, sustainable goals around weight and wellness while promoting a positive relationship with food and your postpartum body.

Next Steps

Nutrition matters at every stage from planning to conceive, through each trimester, and into postpartum recovery. Individualised dietitian support helps optimise fertility, nurture healthy pregnancy outcomes, and empower new parents to thrive. Ready to take the next step in your journey? **Book a consultation today** to receive practical, compassionate support tailored to your stage of life and unique needs.

