

Healthy post-baby weight loss diet



Don't start dieting too soon. Your body needs time to recover from labour and delivery. Give yourself until your six-week postpartum checkup before you start watching your calorie intake and actively trying to slim down. And if you're breastfeeding, experts recommend that you wait until your baby is at least 2 months old before you try to lose weight.

Starting a diet too soon after giving birth can delay your recovery and make you feel more tired – and you need all the energy you can muster to adjust to life with your newborn. In addition, if you're nursing, dieting can affect your milk supply. If you're patient and give your body a chance to do its work, you may be surprised at how much weight you lose naturally, especially if you're breastfeeding.

The most important nutrients you need. When you eat foods rich with nutrients, you'll notice that your calories go a long way. You'll feel fuller longer, and will have the get-up-and-go mentality you need for those 3 a.m. feedings. The following are what you need to be eating;

- Fruits and vegetables
- Whole grains e.g. wheat bread, wheat meal, All-Bran flakes
- Lean protein, like fish, beef, and chicken
- Dairy — choose skim or low-fat milk
- Leafy greens e.g. spinach, greens, ugwu, ukazi etc.
- Iron, especially if you suffer from postpartum symptoms. You can find this in things like fortified cereals and beef
- Vitamin C, which can help with wound healing for mothers who delivered via C-section. Find this in oranges, tomatoes, and natural fruit juices.

Low carbohydrate diet for weightloss

A low-carb diet is a diet that restricts carbohydrates, such as those found in sugary foods, garri, semovita and bread. It is high in protein, fat and healthy vegetables. There are many different types of low-carb diets, and studies show that they can cause weight loss and improve health.

The Basics

Eat: Meat, fish, eggs, vegetables, fruit, nuts, seeds, high-fat dairy, fats, healthy oils and maybe even some tubers like sweet potatoes, potatoes and grains.

Foods to Avoid

You should avoid these foods,
Sugar: Soft drinks, fruit juices, sweets, sugar, ice cream and many others.
Gluten Grains: Wheat. Includes breads and spaghetti/macaroni.

Drink

Coffee
Tea
Water
Sugar-free carbonated beverages, like sparkling water.

Sample low-carbohydrate menu

- Monday

Breakfast: Omelette with tomatoes, onions and pepper, fried in little oil.

Lunch: Oil-less okro soup with beef and wheat meal

Dinner: Boiled unripe plantain with ugwu and smoked fish. Use small groundnut oil and not palm oil to make the ugwu

- Tuesday

Breakfast: Quaker oats and boiled egg

Lunch: Boiled sweet potato with fish stew and ugwu

Dinner: Moin moin

- Wednesday

Breakfast: Fried Eggs and 2 slices of wheat bread

Lunch: Boiled or roasted unripe plantain, ugwu and beef stew

Dinner: Chicken peppersoup

- Thursday

Breakfast: Quaker oats and boiled egg

Lunch: Vegetable stew, chicken and wheat meal

Dinner: Beans and unripe boiled plantain with fish

- Friday

Breakfast: Boiled egg and wheat bread (2 slices)

Lunch: Boiled potato, smoked fish and ugwu

Dinner: Moin moin

- Saturday

Breakfast: Omelet with various vegetables and sweet potato

Lunch: Chicken with coleslaw or vegetable salad

Dinner: Beef peppersoup

- Sunday

Breakfast: Quaker oats and boiled egg

Lunch: Unripe boiled plantain, vegetable and chicken stew

Dinner: Moin moin

Include plenty of low-carb vegetables in your diet. Also fruits, nuts and vegetables as snacks. E.g. Banana and groundnut, oranges, garden eggs and groundnut, pawpaw, watermelon.