



## The principle of post-natal diet 產婦飲食原則(英文)

### General principles:

1. Avoid the so-called cold food cited in traditional Chinese Medicine: ice, beverages, pears, grapefruit, watermelon, coconut, orange, tomato, mung beans, lotus root, cucumber, bitter melon, sponge gourd, wax gourd, Chinese cabbage and kelp.
2. Reduce intake of fried and stimulating food like pickles, coffee, curry, hot pepper, and spicy sauce.
3. Less sour food intake such as plum, vinegar, and lemons.
4. Go for light meals with moderate amount of salt.
5. Women with C-section wound should avoid eating sesame chicken and food cooked with alcohol when the wound remains puffy with burning sensation. Eating shrimp and red Charybdis is all right when the wound is completely healed.
6. Food appropriate for post-natal women:
  - Vegetables: carrots, cabbage, water spinach, crown daisy, spinach, celery, and red vegetables.
  - Fruit: apples, guavas, grapes, papaya, strawberries, cherries, and peaches.
  - Protein: warm milk, chicken, eggs, fish, pig stomach, pig liver, pig kidneys, red Charybdis, and oysters.

### The principles of our maternal meal:

Beside three meals of balanced diet, we can add other meals with special maternal diet.

1. First week: start with chicken, fish, and rib soup; stay light and moderate.
2. Second week: start eating food cooked with sesame oil like sesame oil chicken and pig liver soup.

3. It is helpful for milk secretion and preventing dehydration if breast-feeding mothers' daily fluid intake reaches 2500-3000 ml; suggested liquid and beverages include: water, juice, and milk.

## Diet reference for the 1<sup>st</sup> week:

### Chinese yam and Euryale rice soup

#### 1. Ingredient:

Rice 80 g, Article meat 30 g, Chinese yam 10g, Euryale 10g, carrot 5g.

#### 2. Cooking method:

- Wash and then steam Chinese yam and Euryale for an hour.
- Add rice and lean meat and red radish in the Chinese yam, then cook with small fire.

#### 3. Nutritional Analysis:

Calorie: 345 Kcal, Carbohydrate: 60g, Protein: 15g Fat: 5g.

### Chinese herb Perch soup

#### 1. Ingredient:

Perch 80g, Chuanxiong 5g, wolfberry 5g, ginger 10g.

#### 2. Cooking method:

- To eliminate fishy smell, bath perch with rice wine for 10 minutes.
- Slice ginger.
- Add 600 c.c. of water into a pot; throw in all of the ingredients and cook until the fish turns into white color.

#### 3. Nutritional Analysis:

Calorie: 125 Kcal, Protein: 15.9g, Fat: 6.8g.

### Sea cucumber braised with Astragalus

#### 1. Ingredients:

Sea cucumber 100g, Astragalus 5g, Angelica 5g, red sweet pepper 10g.

#### 2. Cooking method:

- Clean all materials;
- Add 1 teaspoon of oil and pan-fry all materials.

### 3. Nutritional Analysis:

Calorie: 90 Kcal, Protein: 7g, Fat: 5g

#### Pig leg and peanut Stew

##### 1. Ingridents:

Pig leg 80g, peanut 10g, Chuanxiong 5g, ginger slide 5 pieces

##### 2. Cooking method:

- Clean all materials. put pig legs into boiling water and cook them with high heat first; when it is coiled, stew for an hour with low heat.
- Put some Chuanxiong and peanuts in the pot and cook with the pig legs until you can poke a chopsticks through the meat with ease.

### 3. Nutritional Analysis:

Calorie: 285 Kcal, Protein: 14g, Fat: 25g

#### Larval fish omelet

##### 1. Ingridents:

One egg, larval fish 10g, wolfberry 10g.

##### 2. Cooking method:

- Mix eggs with larval fish. Mixing egg and larval fish.
- Pan-fried it with one teaspoon of oil and all materials.

### 3. Nutritional Analysis:

Calorie: 175 Kcal, Protein: 14g, Fat: 13g

#### Diet reference for the 2<sup>nd</sup> week:

#### Angelica Astragalus Chicken soup

##### 1. Ingridents:

Chicken 80g, Astragalus 10g, Angelica 10g, rice wine(Michiu) 300cc

##### 2. Cooking method :

- Clean all materials.

- Put all material into a stew-pot and stew with low heat until it is ready to serve.

### 3. Nutritional Analysis:

Calorie: 285 Kcal, Protein: 14g, Fat: 25g

## Wolfberry steam bean-jam bun

### 1. Ingredients:

Wolfberry 10g, steam bean-jam bun 1 piece, ginger 5g.

### 2. Cooking method:

- Clean wolfberry and slice some ginger .
- Steam wolfberry and ginger in the traditional steam pot for 5 minutes.

### 3. Nutritional Analysis:

Calorie: 80.8 Kcal, Protein: 8g, Fat: 3g

## Sesame oil pig liver soup

### 1. Ingredients:

Pig liver 75g, ginger 10g, sesame oil 2 teaspoon, rice wine(Michiu) 50cc  
water 300c.c.

### 2. Cooking method:

- Clean and slice all materials;
- Fry ginger with sesame oil for 20 seconds and add pig liver for more stir-frying;
- Add water and rice wine when the pig liver is half ripe. Cook it until alcohol evaporated.

### 3. Nutritional Analysis:

Calorie: 227.5 Kcal, Protein: 17.5g, Fat: 17.5g