

Wellness Plan – Emily O’Keeffe

Goals:

- **Improve overall nutrition**
- **Improve immune functioning**

As discussed, after being a vegetarian for so long, as well as currently being pregnant, your nutrient stores, especially those needed for good immune functioning are likely depleted. Having babies rather close to one another also adds to that depletion, as will breastfeeding. It’s important that we boost these nutrient stores not only for your immune function, but also your mood, energy and gastrointestinal functioning. This can be done both through increasing nutrient dense foods, as well as the recommended supplements below. These supplements are safe to take in pregnancy and breastfeeding. Please stop taking the Elevit & Iron tablets and replace with the Naturobest recommendation below which has a more absorbable form of folic acid & iron in it.

Prescription:

1. Naturobest Trimester 2 & 3 Plus Breastfeeding – 2 capsules daily with food

A fantastic multi vitamin which will support both your health and bubba’s health in the last stage of pregnancy and postpartum. Please replace the Elevit & your current iron tablets with this supplement as it contains iron and folic acids in forms which are more easily absorbed by the body then the forms you are currently taking. Continue taking this supplement ideally until you have finished breastfeeding

2. Metagenics Metapure Algal Oil – 1 capsule twice daily with food

This is a vegan source of essential fatty acids (omega 3) which is beneficial for cognitive function, general wellbeing, reducing inflammation, immune functioning and supporting a healthy pregnancy & postpartum stage

3. Activated Probiotics – Biome Daily Probiotic – 1 capsule daily

A probiotic containing strains which help with overall gut health and immunity – they support regular bowel motions, promote healthy digestion, enhance immune system functioning and can help reduce the occurrence of the common cold

Name	Breakfast	Lunch	Dinner	Before Bed
Naturobest	2 capsules			
Algal Oil	1 capsule		1 capsule	
Probiotics			1 capsule	

Dietary Advice:

- Please increase your water intake to a minimum of 2 litres per day – this will be very important when breastfeeding
- Please include a source of protein in every meal, especially breakfast, to ensure stabilised energy levels throughout the day as well as making you feel full and satisfied and stop you reaching to dairy, sugar and carbs to fill the void – protein rich foods listed below but some protein snack options you can include may be chai seed puddings, protein/bliss balls, overnight oats, apple slices with a nut butter, vege sticks with hummus
- You can increase the absorption of iron from plant sources by including vitamin C rich foods in the same meal
- Food preparation, especially in these last few weeks of pregnancy, is a great way to get a stock of good quality meals ready to go so you have easy to reach, nutrient dense options during this postpartum phase
- Please see the following table which breakdowns nutrients that are often lower in vegetarians, why they are important, and vegetarian foods sources of these nutrients

Nutrient	Why important?	Vegetarian Food Sources
Zinc	Plays a role in over 300 reactions within our biological processes! Needed for healthy immune function, hormone production, digestion, cognition and has a role in our skin health also	Peas Beans Chickpeas Lentils Nuts Seeds (pumpkin, sunflower) Ginger

Iron	Needed for energy production, our immune functioning, collagen synthesis (skin health), hormone production and neurotransmitters (so our moods & nervous system functioning)	Green leafy vegetables Eggs <i>*iron from vegetable sources are poorly absorbed</i> <i>**eat with vitamin C foods to increase absorption</i> <i>***Avoid drinking tea 2 hours before or after intake as tannins in tea can also affect absorption</i>
Vitamin C	An important antioxidant which stimulates our immune functioning. Its involved in collagen production (skin health), and increases the absorption of iron from vegetable sources	Capsicum Kiwi Fruit Papaya Oranges Strawberries Grapefruit Sweet potato Spinach Pineapple Mangoes Broccoli Spring onions Artichokes Potatoes Avocadoes Leeks Lemons Peas Raspberries Tomatoes Blackberries Bananas Cauliflower Broad beans Cabbage Nectarines
Essential Fatty Acids (DHA)	Important anti-inflammatory which has effects on our immune functioning. It is also important for our moods and our cognition	Flax seeds Chia seeds Walnuts Leafy green vegetables Egg yolk
Vitamin B12	Required for healthy nervous system functioning, cognition, digestion, metabolism and energy	Cheese Milk <i>*Supplementation is usually required in vegetarian & vegan diets</i>
Vitamin A	An antioxidant that has a specific action on our mucous membranes without our body including lungs and gastrointestinal systems. It is require for healthy immune functioning and helps decrease inflammation, and heal gut issues	Egg yolk Whole milk Other diary products Dark green leafy vegetables Yellow & orange vegetables

Vitamin D	Required for health hormone production and calcium absorption. Plays an important role in our immune system and healthy moods. Low iron is often seen alongside low vitamin D	Milk Eggs <i>**Sunshine exposure is important for Vitamin D – even 10 minutes per day (avoid mid-day sun) will help</i>
Protein	Made up of amino acids that play important role in so many processes including energy production, our moods, healthy digestion and immune function. If we are not eating enough protein we are more likely to reach to carbs, sugar and dairy to make us feel full & satisfied	Protein Powder Tofu Tempeh Eggs Quinoa Buckwheat Black beans Chickpeas Lentils Red Kidney Beans Cannelloni Beans Oats Nuts Nut butter Seeds Rice <i>*Add protein powder to smoothies or shakes for a quick & easy protein hit</i> <i>**Recommended protein powder from Coles 'Amazonia Isolate Vanilla Raw Protein Powder'</i>
Probiotics	Required for healthy immune, gut and nervous system functioning. Different strains have also been shown to be protective against mastitis.	Yoghurt Kefir Sauerkraut Tempeh Kimchi Miso