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Green veggies are also filled with heart -healthy antioxidants and are low in calories. Whole-Grain Cereal. After yet another sleepless night, one of the best foods to

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Post Pregnancy Diet: 12 Foods for New Moms

Whether you breastfeed or not, the secret to post-pregnancy nutrition is to gradually lose weight while maintaining or restocking nutrient stores. All nutrition experts agree that the best place for a new mother to get all the essential nutrients, including ample amounts of vitamins and minerals, is from her diet. The trick is getting enough.

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The abundant iron, calcium, magnesium, copper, and phosphorus levels in sesame seeds make them suitable for post-pregnancy diet. They help in replenishing your body system with essential minerals and regulating bowel movements. They can be added to chutneys, curries, and sweets. These are the superfoods that you can add to your post pregnancy diet.

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