



Nutrition In Post-Abortion Care

POST-ABORTION CARE

In addition to helping you heal depression, these foods boost your body's energy production, improve your muscle and nervous system function, and rebuild your body's cells.

► Foods Rich In Calcium ◀

Your body's calcium stores are rapidly depleted during pregnancy. Therefore, it is very important to eat calcium-rich foods. Some of the best sources of calcium are dried fruits, dairy products, milk, seafood such as sardines and salmon, dark green leafy vegetables, and soy.

► What Foods Should We Not Eat After A Miscarriage? ◀

Proper nutrition also means that you should not say no to certain foods to get a full recovery.

► High-Fat Milk And Red Meat ◀

You certainly do not want to get inflamed after an abortion and eventually feel uncomfortable and in pain. Dairy products and red meat contain fats that cause inflammation. Say no to foods such as



► Low-Fiber Starches ◀

Carbohydrates are the body's best energy booster and also regulate your blood sugar levels. However, low-fiber starches and improved grains can hurt your body and eventually cause many fluctuations in blood sugar levels. That's why you should limit low-fiber starches in your diet and avoid foods such as noodles, salt, and eggs.

► Sweets ◀

Sweet foods that are high in glycemia can cause fluctuations in your blood sugar levels. Try to avoid fizzy drinks and candy.



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► What Should Nutrition Be Like ◀ After An Abortion?

Abortion is generally a sad coincidence. In this situation, in addition to the need for empathy, you also need proper nutrition. Your body becomes weak after an abortion.

After an abortion, you often experience bleeding and dizziness, which eventually causes weakness in your body. The food you eat during this period has a great impact on your health. That's why you need to know what foods to eat and what foods to avoid to achieve full recovery. What foods should we eat after a miscarriage?

► Iron-Rich Foods ◀

The most important thing to keep in mind is to eat foods rich in iron because abortion causes a lot of bleeding.

Excessive bleeding causes a large amount of iron in the body and eventually leads to anemia and related symptoms. Feeling tired and weak after an abortion is normal and it is very important to use foods rich in iron to solve this problem.



Red meat is a rich source of iron, but it must be cooked well. Also, try to eat foods rich in vitamin C, as it helps the body absorb iron.



► Foods That Make You Feel Good ◀

It is very natural to feel depressed after an abortion. Some women can easily return to normal life after an abortion, but others may experience depression for months or even years. There are simple foods that can help you cope with depression after a miscarriage.

Try to eat magnesium-rich foods to get through this period of depression better. Some of these foods include nuts, beans, and plain chocolate.