

Postpartum Sweet Treats — Nutritional Guide

(Approximate values per serving)

These treats were chosen to comfort while still offering meaningful nourishment — healthy fats, gentle sweetness, and ingredients that support energy and recovery during the fourth trimester.

Nutrition values are estimates, not targets.

Vanilla Ice Cream with Warm Berry Compote

Serving: 1 scoop ice cream + $\frac{1}{4}$ cup compote

- Calories: ~220–260
- Carbohydrates: ~30–35 g
- Fat: ~10–14 g
- Protein: ~3–5 g

Why it helps:

Berries provide antioxidants and gentle fiber, while the fat in ice cream helps stabilize blood sugar and increase satiety — especially helpful for late-night nursing hunger.

Dark Chocolate + Cashew Butter Bites

Serving: 1 bite (10–12 per batch)

- Calories: ~90–110
- Carbohydrates: ~6–8 g
- Fat: ~7–9 g
- Protein: ~2–3 g

Why it helps:

Healthy fats + a small amount of sugar = quick energy without a crash. Cashew butter adds magnesium and staying power.

Honeyed Pears with Greek Yogurt + Pecans

Serving: $\frac{1}{2}$ pear + $\frac{1}{2}$ cup yogurt + 2 tbsp pecans

- Calories: ~260–300
- Carbohydrates: ~25–30 g
- Fat: ~14–18 g
- Protein: ~10–14 g

Why it helps:

Protein-rich yogurt supports tissue repair, pears aid digestion, and pecans contribute healthy fats for hormone balance

Thai-Inspired Coconut Rice with Mango

Serving: ~1 cup prepared

- Calories: ~300–340
- Carbohydrates: ~40–45 g
- Fat: ~12–15 g
- Protein: ~4–6 g

Why it helps:

Carbohydrates replenish depleted energy stores postpartum, while coconut milk adds comforting fats that make this feel grounding rather than sugary.

Baked Apples with Pecan Crumble

Serving: 1 baked apple

- Calories: ~230–270
- Carbohydrates: ~30–35 g
- Fat: ~10–14 g
- Protein: ~2–4 g

Why it helps:

Warm, fiber-rich apples support digestion, while nuts and fat slow sugar absorption and increase fullness.

Spiced Caramel Date Milk

Serving: 1 cup

- Calories: ~180–220
- Carbohydrates: ~25–30 g
- Fat: ~6–9 g
- Protein: ~4–8 g (depending on milk used)

Why it helps:

Dates offer quick energy and minerals like potassium, while warm milk promotes calm and relaxation — ideal in the evening.

Gentle Reminder

Postpartum nutrition isn't about numbers or restriction. It's about support.

Sweet foods can still nourish when paired with:

- fat
- protein
- warmth
- intention

If a treat brings comfort, steadiness, and enough energy to get through the next feeding — it's doing its job.

Optional Footer (If You Want)

Nutrition values are approximate and provided for general guidance only. Individual needs vary, especially during postpartum recovery.