

Dietician Referral

What is a dietician?

Dieticians help pregnant and postpartum people learn about what to eat to have a healthy pregnancy and lifestyle. They advise new mothers about healthy weight management and nutrition during breastfeeding. Nutrition is just as important to mental and emotional health and wellbeing as it is for physical health.

A dietician may:

- Help you with healthy meal planning to support pregnancy and postpartum health
- Adapt your diet to meet your personal needs
- Create a healthy diet plan if diagnosed with Gestational Diabetes
- Educate you about foods that can help support energy levels and promote mental health during pregnancy and postpartum

Why see a dietician during pregnancy and postpartum?

- A healthy diet can improve focus, attention, and overall wellbeing as well as appropriate weight gain during pregnancy.
- Depression has been linked to an unbalanced diet. Dieticians can help you include adequate nutrients and vitamins into your diet (Opie et al., 2020).
- Having a balanced diet with adequate nutrition can support energy needed for childbirth.

Referral Information and Additional Resources

References

<https://www.acog.org/womens-health/faqs/nutrition-during-pregnancy>

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/diet-and-micronutrients/maternal-diet.html>

Opie, R.S., Uldrich, A.C., & Ball, K. (2020). Maternal postpartum diet and postpartum depression: A systematic review. *Maternal Child Health, 24*(8), 966-978.

<https://doi.org/10.1007/s10995-020-02949-9>

