

PATH PREGNANCY AFTER LOSS WEEKLY CHALLENGE



Week one: Thirsty?



Challenge:

Drink 8 glasses of water each & every day (herbal tea counts)

Water accounts for a whopping 60-70% of our body weight, 90% of our blood and when babies are born they are 78% water!

Being dehydrated affects mood, energy levels, concentration and is not good news for our skin and hair. Plus, it literally stresses our body out, because we need to be well hydrated to function optimally; if we're not, our stress hormones kick in to try and protect us from danger.

Links have also been made between dehydration & headaches, brain function & lubrication of joints.

How do you know if you're properly hydrated? A good way to check is to keep an eye on the colour of your urine: it should be a pale straw colour and not have an odour. If it's dark yellow (or orangy/brown) or you can smell it, you need to drink more.

TOP TIP: take a glass of water to bed with you & make sure you drink it when you wake up in the morning – ideally before you get out of bed. This helps to rehydrate you After a night's slumber & gets you off to a flying start to the day.



CHALLENGE 2

WE'RE TALKING PROTEIN.

MAKE SURE YOU INCLUDE A PALM-SIZED AMOUNT OF PROTEIN WITH EVERY MEAL AND EVERY SNACK.

PROTEIN TAKES LONGER TO BREAK DOWN, SO IT WILL KEEP YOU FEELING FULLER FOR LONGER. IT ALSO SLOWS THE RELEASE OF SUGAR FROM CARBOHYDRATE FOODS WHICH MEANS FEWER BLOOD-SUGAR DIPS AND SPIKES, TO KEEP YOUR ENERGY ON A MORE EVEN KEEL -AND YOU'LL BE LESS LIKELY TO REACH FOR AN ELEVENSIES SNACK WITH YOUR MID-MORNING CUPPA.

FANCY A 4PM HOB NOB? TRY ADDING A HANDFUL (5-6) NUTS FOR A PROTEIN HIT.

OR, EVEN BETTER, CHOOSE A SNACK THAT'S PACKED WITH NUTRIENTS:

- A SMALL BOWL OF BERRIES OR CHERRIES WITH A BIG DOLLOP OF NATURAL YOGHURT
- 2 SQUARES OF 70% PLUS DARK CHOCOLATE WITH 5-6 NUTS (YES, REALLY – IT'S GOT A LOWER SUGAR CONTENT, CONTAINS ANTIOXIDANTS AND EVEN HAS BEEN SHOWN TO HAVE ANTIDEPRESSANT QUALITIES THANKS TO THE WAY IT STIMULATES THE RELEASE OF DOPAMINE, SEROTONIN AND OXYTOCIN- NO WONDER IT'S A COMFORT FOOD!)

HAVE A GO & SEE HOW YOU FEEL



CHALLENGE 3

FOCUS ON BREAKFAST

HAVING A GOOD, PROTEIN-RICH BREAKFAST TO START YOUR MORNING MAY BOOST MENTAL & PHYSICAL ENERGY & SET YOUR HORMONE PATTERN FOR THE DAY.

THERE IS NO REASON WHY BREAKFAST HAS TO BE THE TRADITIONAL CEREAL, PORRIDGE ETC. IF YOU WOULD PREFER TO HAVE EG. CHICKEN WITH SOME SALAD & WHOLEGRAINS (IE RICE), OR FISH WITH RICE & VEGETABLES THAT'S ABSOLUTELY FINE!

THE KEY IS TO ENSURE THAT EVERY MEAL CONTAINS THAT PALM-SIZED AMOUNT OF PROTEIN TO KEEP YOU FEELING FULLER, FOR LONGER & GIVE YOU THAT STEADY RELEASE OF ENERGY.

BREAKFAST SWAPS:

- BOILED EGG WITH WHOLEMEAL TOAST SOLDIERS
- SCRAMBLED EGG ON WHOLEMEAL OR RYE TOAST
- OVERNIGHT OATS
- CHIA PUDDING IS BRILLIANT IF YOU ONLY WANT SOMETHING LIGHT WHICH WILL SUSTAIN YOU THROUGH THE MORNING
- PORRIDGE WITH A HANDFUL OF NUTS & SEEDS FOR EXTRA PROTEIN & GOOD FATS
- GREEK YOGHURT & BERRIES OR STEWED APPLES, WITH (FULL-FAT) YOGHURT & SUGAR-FREE GRANOLA.
- BANANA PANCAKES (MAKE SIMPLY WITH 1 SMALL BANANA & 2 EGGS. MASH. ET VOILA).
- MUFFIN FRITTATA OR OMELETTE



CHALLENGE 4

EAT A RAINBOW!

FLOOD YOUR BODY WITH A RAINBOW OF NUTRIENTS! WE'RE TALKING DIVERSITY HERE.

DIFFERENT COLOURS GIVE US DIFFERENT PLANT CHEMICALS AND PHYTONUTRIENTS AND WITH THEM, COME A WHOLE HEAP OF BENEFITS.

FOR EXAMPLE:

RED FOODS IE. TOMATOES ARE RICH IN LYCOPENE - WHICH MAY SUPPORT HEART HEALTH AND ARE A BRILLIANT ANTIOXIDANT

ORANGE FOODS IE. CARROTS CONTAIN BETA-CAROTENE - ASSOCIATED WITH BENEFICIAL EFFECTS ON IMMUNE HEALTH AND GOOD VISION.

PURPLE FOODS ARE PACKED WITH ANTHOCYANINS (GREAT FOR OUR LIVER) WHICH PACK A POTENT ANTIOXIDANT PUNCH AND ARE GREAT FOR RESILIENCE & HELP PROTECT AGAINST VIRUSES GETTING INTO CELLS. EVEN BETTER, THEY'VE BEEN SHOWN TO PROTECT OUR BRAINS FROM THE IMPACT OF STRESS.

THE LIST GOES ON...

SMOOTHIES AND SOUPS ARE A GREAT WAY TO SNEAK SOME EXTRA NUTRIENTS INTO YOUR DIET EACH DAY.

TOP TIP: USE THE CHART TO TICK OFF WHAT HOW MANY COLOURS YOU CAN CRAM INTO A DAY. AIM FOR 2 EXAMPLES OF EACH COLOUR.

FILL HALF OF YOUR PLATE WITH VEGGIES EVERY LUNCH & DINNER FOR THE WIN!



CHALLENGE 5

Carbtastic!

Swap all white carbs for brown:

- Rice
- Pasta
- Bread

AVOID refined carbs – they are the white fluffy carbs, along with sugary foods – particularly the highly processed variety (crisps, shop bought biscuits, cakes & sweets).

Our body breaks these carbs down into a type of sugar - glucose – which is bad news for hormone balance and can pave the way for gestational diabetes if our sugar intake is not adequately controlled.

Did you know that wholegrains can contain up to 75% more nutrients than refined cereals? So move over white rice and start mixing it up with brown, red or black rice!

These 'complex carbohydrates', have a slower release of energy **AND** these foods are rich in some key mood-boosting nutrients: B vitamins, vitamin E, selenium, magnesium and zinc.
So important for your growing bub!



CHALLENGE 6

HEALTHY FATS.

YUP. YOU HEARD THAT RIGHT.
FAT IS HEALTHY.
FAT IS IMPORTANT.

WE HAVE TO GET AWAY FROM THOSE FAT FEARING MESSAGES OF THE
1980S AND 90S.

THESE ARE CRITICAL TO YOUR MOOD AND BRAIN FUNCTION
FEW OF US GET ENOUGH OMEGA-3 FATS IN OUR DIET, AND THEY ARE KEY
TO OUR MOOD AND BRAIN FUNCTION. THE DRY WEIGHT OF OUR BRAIN IS
LITERALLY 60% FAT - SO NOT SURPRISING THAT WE DEPEND ON A DAILY
INTAKE OF ESSENTIAL FATS.

EPA, DPA AND DHA – CERTAIN LONG-CHAIN OMEGA-3 FATS – BUILD AND
REBUILD YOUR BRAIN AND ARE PART OF THE EQUATION FOR HAPPINESS.
THE HIGHER YOUR BLOOD LEVELS OF OMEGA-3 FATS, THE HIGHER YOUR
LEVELS OF THE FEEL-GOOD NEUROTRANSMITTER SEROTONIN ARE LIKELY
TO BE.

OMEGA-3 FATS HELP BUILD RECEPTOR SITES AS WELL AS IMPROVING
THEIR FUNCTION. THERE ARE STUDIES THAT HAVE GIVEN FISH OILS RICH
IN OMEGA-3S TO DEPRESSED PEOPLE. THEY SHOWED GREATER IMPROVE-
MENT, THAN THE RESULTS REPORTED IN THOSE TAKING
ANTI-DEPRESSANT DRUGS – INCLUDING A WHOPPING 50% REDUCTION IN
DEPRESSION RATINGS! AND WITHOUT THE SIDE EFFECTS!

SOURCES OF OMEGA-3 FATS: OILY FISH (SALMON, TROUT, MACKEREL, SAR-
DINES, COD, TUNA, HALIBUT), EGGS, WALNUTS, CHIA SEEDS,
FLAX SEEDS.

VEGETARIAN / VEGAN SOURCES OF GOOD FATS INCLUDE: OLIVE OIL, AVO-
CADOS, NUTS, SEEDS, OLIVES, SEAWEED, COCONUT OIL.

