



食康乐坐月子外送食补

SHL CONFINEMENT CARES SDN. BHD. (684224-p)

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Confinement Foods Explored

A typical postnatal diet comprises mainly of 'warm' and 'hot' foods (ingredients like old ginger and sesame oil are part of almost every meal), which is vital to aid in her recovery and restoration of 'Yang' forces. Based on traditional beliefs, this period of convalescence should last for 30 days, commonly know as confinement, or in some cases 100 days.

TABOO FOODS DURING CONFINEMENT

Food Category

Cold Food

- Fruits like banana, grapefruit, watermelon
- Vegetables like lettuce, bittergourd, cucumber, bean sprout
- Gassy drinks; coconut, sugarcane, tofu

Why?

May result in poor blood circulation and oedema in mummy and stomachache in nursing baby

Sharp Food

- Pineapple, orange, lime, lemon

Why?

May result in excessive vaginal discharge which may 'clog' mummy's urinal system and cause diarrhoea in nursing baby

Windy Food

- Onions, cooked vegetables which has been left standing for a while

Why?

May cause bloated stomach and excessive passing of gas in mummy and colic in nursing baby

Poisonous Food

- Shelled seafood like prawns and crabs

Why?

Toxic substances in these foods are believed to slow down the healing process and cause eczema in nursing baby.

Some Common Beliefs

Meats

Whitefish, especially thread fin - a good source of protein, helps increase milk supply. They are believed to 'open up' the milk glands.

Black Chicken – a very good tonic to re-build your health and energy.

Pig Stomach - helps to push out 'wind' from a new mum's stomach. The Chinese also believe that eating different parts of this animal will benefit the corresponding parts of your body. Eating pig's stomach is supposed to 'replenish' the stomach.

Pig Kidney - backache is a common complaint in pregnancy and after delivery. The Chinese believe that this is caused by the kidneys, since the lower back is where the kidneys are located. Eating pig kidney is supposed to help 'replenish' the kidneys, especially for mothers who suffer from pain in the lumbar region.

Pig Or Chicken Liver - liver is reputed to possess yang essence and has high iron content. It helps to replenish blood, especially if mum is anaemic or feels weak after childbirth.

Pig Trotters – trotters are supposed to provide collagen, especially good for strengthening limbs, joints and ligaments which have loosen during pregnancy.

Vegetables and Fruits

(Note: All vegetables should be cooked with sesame oil and ginger to ward off the 'cooling' properties; most fruits are forbidden during confinement as they tend to be 'cooling'.)

Kailan – this is rich in iron and is believed to strengthen joints and lymph, and is beneficial to veins and bones.

Lily Buds - helps to repel heat from body and soothes the liver.

Snow Pea - rich in protein and minerals.

Papaya - increase milk supply in nursing mothers.

Others

Old Ginger - this is one ingredient that appears in almost all postnatal dishes. Helps repel 'wind'.

Rice Wine - invigorates energy and major organs in the body and dispels coldness. Wine is supposed to soothe the nerves of a tired mum and helps her to relax.

Sesame Seed / Oil - promotes blood circulation.

Wood Fungus - rich in iron, it helps stop bleeding, removes 'stale' blood and cleanses the arteries.

Eggs - nutritious food, a very good source of protein especially if you don't fancy eating meat.

Red Dates (Stoned) - replenish blood.

Dried Longan Flesh - invigorates the body and is a good tonic for the brain. Good for mothers who feel weak and fatigue.

Black Vinegar - purifies the blood and cleanses the arteries.

Dang Gui (Chinese Angelica) - this is dubbed the "female ginseng" – highly effective for a whole range of gynaecological complaints. A good tonic to be taken after childbirth. It's also believed to help regulate menses and relieve pain and has a tranquilising effect.

It is rich in vitamins and minerals, helps to replenish and invigorate blood, and can be used for mothers who are anaemic or feel weak after delivery. It is also believed to 'moisturise' the intestines; effective in treating constipation due to dryness of the bowels.

Dan Sen (Codonopsis) - beneficial for mothers suffering from lethargy and related symptoms like fatigue and tired limbs. It acts as a powerful energy booster. In modern lab tests, it has been proven to increase red blood cell count and improve circulation.

Black Bean - need to pan-fry before using to get rid of the 'cold'; helps to replenish blood, good for mothers who have lost a lot of blood during delivery.