

What to Eat Following Baby Loss?

Nourishing your body while you are grieving

After baby loss, eating can feel difficult. You may have little appetite, feel nauseous, forget to eat or find that preparing food feels overwhelming.

There is no need to eat perfectly. **The aim is simply to give your body some nourishment and energy while it recovers.**

Try little and often

If a full meal feels too much, try having something small every few hours.

Easy options include:

- Toast or crackers with cheese, hummus or nut butter
- Yoghurt and fruit
- Cereal or porridge
- Soup with bread or a sandwich
- Banana or other easy-to-eat fruit
- Nuts and seeds
- Smoothies or milkshakes
- Baked beans on toast
- Eggs on toast
- Pasta, rice or potatoes with a simple sauce

- A small sandwich or wrap

Something is better than nothing.

Foods to support recovery

Your body may benefit from a mixture of:

Protein: helps support tissue repair and recovery. Try eggs, dairy, beans, lentils, tofu, fish, meat, nuts and seeds.

Iron: particularly important if you have experienced blood loss. Try red meat, beans, lentils, leafy green vegetables, fortified cereals and dried fruit. Vitamin C-rich foods such as oranges, berries, peppers and tomatoes can help your body absorb iron from plant foods.

Fibre: can help support healthy digestion and prevent constipation. Try fruit, vegetables, wholegrains, oats, beans and lentils, increasing gradually if your stomach is sensitive.

Calcium: supports bones and general health. Try milk, yoghurt, cheese or calcium-fortified alternatives.

If you feel sick or have little appetite

You may find bland, simple foods easier to manage.

Try:

- Small portions rather than large meals
- Dry toast or crackers
- Bananas
- Rice or potatoes
- Soup
- Yoghurt
- Cereal or porridge
- Cold foods if cooking smells make you feel sick
- Small, regular sips of fluid

Don't worry if your usual eating pattern changes for a while.

Keep drinking

Grief and stress can make it easy to forget to drink.

Keep a drink nearby and take regular sips throughout the day. Water, squash, milk and other drinks you enjoy can all help you stay hydrated.

Accept help

You do not have to manage meals alone.

If someone offers to cook, shop or bring food, it is okay to say yes.

You could also ask someone to prepare a few simple meals that can be eaten when you need them.

Most importantly.

There is **no perfect way to eat while you are grieving.**

Some days you may eat normally. Other days you may manage very little. Try to be kind to yourself and focus on small steps.

Eat something. Drink something. Rest when you can.

Your physical recovery matters too.

When to ask for help

Speak to your GP, midwife or another healthcare professional if you are struggling to eat or drink, experiencing ongoing vomiting, losing weight unintentionally, feeling very weak or dizzy, or are concerned about your recovery.

If you have been given specific nutritional or medical advice following your pregnancy or birth, follow that advice.

Information Disclaimer

This information is provided for general educational and wellbeing purposes and is intended to offer practical suggestions for nourishment following

baby loss. It is not intended to replace individual medical, nutritional or healthcare advice.

Everyone's nutritional needs and recovery following pregnancy and baby loss are different. Your needs may be affected by the stage of pregnancy, type of loss, pregnancy or birth complications, surgery, blood loss, breastfeeding or milk production, existing health conditions, medications, allergies, dietary requirements and other individual circumstances.

If you have experienced significant blood loss, have been advised that you are anaemic, have ongoing nausea or vomiting, are struggling to eat or drink, or have been given specific dietary or medical advice by your healthcare team, please follow that advice and speak with your GP, midwife, health visitor, dietitian or other appropriate healthcare professional if you have concerns.

The food suggestions in this resource are examples only. You do not need to eat all of these foods, and some may not be suitable for everyone. Please consider your own allergies, intolerances, dietary requirements and medical needs.

If you are unable to keep fluids down, become very weak, faint or dizzy, or are concerned about your physical recovery, seek appropriate medical advice promptly.

Information checked: September 2026.

This resource was prepared using information available from recognised UK healthcare and nutrition sources at the time of production. Care has been taken to ensure that the information was accurate at that time; however, healthcare and nutritional guidance may change, and information may not remain current.

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