



NEW MUM FIVE DAY FOOD PLAN

Anti-colic, anti-reflux,
anti-wind for your baby
and supports a healthy,
recovering post-natal mum



THE
PERRYMOUNT

MOTHER AND BABY HELP

THE FOODS YOU EAT ONE ELEMENT TO A HAPPY BABY

Diet is only one factor in having a non-colicky, non-reflux baby, but it could be a crucial factor that makes them totally happy! However, there are so many reasons for a colic, reflux, unhappy baby. For example antibiotics, C-section or a stressful delivery can trigger colic by altering their tummy bacteria balance. In these cases you must add other approaches to help them. I have written a book called *Calming Colic* that will explain and offer help for all of this. Have a look here to learn more, follow the below link:

WWW.CALMINGCOLIC.COM

What I can tell you is that this food plan is *fantastic*. It's easy, it's super healthy for you and your baby and it helps in *many*, many ways.

HOW TO USE THIS FOOD PLAN

This plan is designed to heavily reduce common colic and reflux triggers in your baby if you are breastfeeding. It is also great if you aren't breastfeeding for your own recovery as it's full of fantastic nutrition and it's simple.

For 5 days eat one of the breakfast, lunch and dinner options. Choose snacks to have mid-morning and mid-afternoon. Don't eat the same breakfast, lunch and dinner every day as we are trying to mix your diet up for nutritional variety but also to lessen the risk of a trigger food getting to your baby every day.

For example, don't have eggs for breakfast for 5 days. If you did and it was a reflux trigger for your baby then we wouldn't get a day clear of eggs (or any other food) to see if your baby becomes better. If you aren't breastfeeding then you could have eggs daily as they are a great source of nutrients for you. Some of the meals have basic recipes for you. Follow the links below for more info:

WWW.CALMINGCOLIC.COM

~ OR ~

WWW.THEPERRYMOUNT.COM

FOOD GROUPS TO AVOID

In general this food plan avoids certain groups of foods that are researched and known to trigger colic and reflux in babies. These foods are also known triggers for aggravating gut health in you too. Which in turn affects your baby. It's one of my breastfeeding rules to remember; what you eat, drink, breath, put on your skin and even think about goes into your bloodstream and your bloodstream makes your breast milk. The way I am suggesting you eat even lowers your stress levels and it is well known your stress passes to your baby through breast milk and close contact. Again, you **don't** have to be breastfeeding to benefit from this plan.

Some basic food groups are excluded as they are common triggers for colic and reflux. Please remember that it could actually be any foods that you are excessively eating. For more information, read my Eating Tips For The Breastfeeding Mum at www.calmingcolic.com

EXCLUDED

Wheat / Gluten - Bread, cakes, biscuits, flour



Dairy - milk, cheese, chocolate, ice cream



FODMAPS FOODS

See the separate FODMAPS list of good and bad foods downloadable from my website. FODMAPS are sugars in foods that break down into wind. The low FODMAP diet is a well known food plan for irritable bowel syndrome (IBS) for adults but has been researched to help colic babies too. This food plan is naturally low in FODMAP foods for this reason.

IT'S EASY TO EAT THIS WAY!

Does this sound hard? Don't worry it will be easier than you think as you are going to eat better and actually eat so often you **WON'T** be craving sugary foods. Most mums are eating chocolate and ice cream simply because they are tired, haven't eaten and are craving quick sugar snacks due to low blood sugar.

You won't have blood sugar lows so the cravings will be easier to handle. You will most likely eat **MORE** than you are at the moment and that will make you feel better. Remember, the more good stuff you eat the less bad stuff you will be able to eat. So fill up on the healthy, satisfying, suggested foods and you will naturally decrease the trigger foods of colic and reflux.

MAIN FOODS TO INCLUDE



MEATS

Meats, both red and light contain masses of nutrients in a very dense form. Meats contain nutrients that are either not in non-meat foods at all, or are very low in them, or are in a form that can't be utilised very well. There is continuous debate about this. However, if you are a meat eater then eat plenty! The nutrients you will get in a smallish amount will beat just about anything else you can eat.



WILD OILY FISH {3 TIMES PER WEEK}

Remember SMASH: Sardines, Mackerel, Anchovies, Wild Salmon and Herring. Fish will supply healthy fats and protein for you and your baby. Farmed fish is higher in toxins while wild caught fish has the best nutrient profile. Organically farmed is somewhere in the middle. However they are described they must be from a natural environment and non-toxic.



FATS

Fats, like meat are a very nutrient dense food. In a small amount you can really stock up on great nutrients and particular nutrients that a "fat soluble" and so are only in fat. Oily fish are a good source of fats, as are healthy, grass fed meats & butters, plus avocados, nuts and seeds. An easy way to add good fats into your day is to add butter to your vegetables to make them more delicious and even help extract more nutrients from them.



FRUIT, VEGETABLES & FIBRE

We want plenty of fruits and vegetables in your daily diet because as we all know they are just great for us. As a side note for breastfeeding mums some veggies can create wind in you that creates wind in your baby if breastfeeding. These are called FODMAPS foods and a list is available for you at www.calmingcolic.com. Also don't get caught in the trap of over doing one fruit, vegetable or any food for that matter. For example, a handful of strawberries a couple of times per day is fantastic but don't eat a whole punnet twice per day.

FOR FIVE DAYS ROTATE THESE FRUITS:



BANANAS



BLUEBERRIES



GRAPES



STRAWBERRIES



RASPBERRIES



MELON



CRANBERRIES



KIWIS



PASSIONFRUIT

FOR FIVE DAYS ROTATE THESE VEGETABLES:



CARROTS



CELERY



AUBERGINES



GINGER



GREEN BEANS



OLIVES



PARSNIPS



POTATOES



SPINACH



SQUASH



SWEDE



SWEET POTATOES



COURGETTES

COMMON COLIC TRIGGER FOODS

These foods are well know for being big wind producers and I have seen them play a significant role in a windy baby if you are breastfeeding. So exclude these for the **5 days**.



LEGUMES



BAKED BEANS



CHICKPEAS



KIDNEY PEAS



LENTILS



SOYA BEANS



WHEAT



DAIRY



EXCESS CAFFEINE



EXCESS SUGAR



FIZZY DRINKS

MILKS TO ROTATE TO STAY DAIRY FREE EASILY

Rotate these milks to be dairy free. Buy 1 of each and then use one, move to the next and then the next etc. Try to buy the unsweetened varieties.



ALMOND



COCONUT



OAT



RICE



TIGER NUT



CASHEW



HAZELNUT

* WE DON'T RECOMMEND SOYA MILK

DRINKS, TEAS & COFFEE

Avoid coffee and even decaf coffee for the 5 days of this food plan.



WATER



FENNEL



CAMOMILE



**OTHER
HERBAL TEAS**

BREAD AND GRAIN SWAPTIONS LIST

We are aiming to really reduce bread / gluten for these 5 days. Sourdough has been suggested in the plan as it is fermented but don't use it every day. Use these instead of wheat.



RYE



**SOURDOUGH
RYE/ SPELT**



**RICE –
WILD/ RED/BROWN**



QUINOA



MILLET



**OATS {GLUTEN
FREE, ORGANIC}**



SPELT

FOOD DIARY

From my website download the mums food diary. On here you can record what you eat and then how your baby is behaving. Did they cry more, sleep worse, have more wind? Then you can track if a certain food has aggravated them.

The food diary is also part of the Complete Happy Baby Package available at www.calmingcolic.com.

THE FIVE DAY MEAL PLAN

ON RISING

Sip a glass of orange juice with a pinch of natural salt (Himalayan or Celtic Sea) in it with a collagen powder if you have one (search The Natural Dispensary and use Perry5 for a discount).

This simple drink provides sugar and salt which is calming to your nervous and hormonal system. The collagen powder provides protein to balance out the sugar in the orange juice. If you track that your baby is more windy with you having this orange drink then stop having this and simply have a glass of filtered water in the morning with a pinch of salt in.

DAILY ADDITIONS



ALMONDS

Eat 5 almonds, 3 times per day before meals. These help your digestion and therefore the correct absorption and processing of your food which will lessen the wind for your baby too.



BUTTER

Have butter everyday. Such an easy, nutrient packed food for you. Add over the vegetables you eat everyday.

BREAKFAST



Eggs one of 3 ways, boiled, scrambled, poached with butter on sourdough toast. Portion of fruit from fruit list.



Leftover egg Frittata from last night's dinner.



Oat porridge. Organic, gluten free (soaked overnight in filtered water) top with seeds and fruit; banana, berries. Use water or non-dairy milk swaption i.e. almond milk. You can add a tablespoon of psyllium husk seeds to this.



Paleo Blender Waffles.



Egg and vegetable muffins made from day before (see dinner).



Natural Chef Carolyn's homemade granola.



Natural Chef Carolyn's Chia Seed Porridge (source of healthy fats).



Natural Chef Carolyn's Chocolate Nut Butter Smoothie with Cinnamon Gluten free or paleo granola with apple juice and berries.



Wild smoked salmon with 2 scrambled eggs.



Wheat & sugar-free muesli, soaked overnight in apple juice. Optional: add ground almonds, seeds & oat germ and berries.



Organic (nitrate free) grilled bacon or sourdough or rye bread. Make into a BLT sandwich with butter, lettuce and tomato slices.



Smoothie: ½ cup coconut milk, ½ cup water, 1 cup frozen fruit, 1 tablespoons collagen to increase protein content.



Mashed avocado on sourdough or rye toast drizzled with extra virgin olive oil, salt and pepper to taste.



Wild smoked salmon, cream cheese or feta, on gluten-free toast swaption.

MID MORNING SNACK

IMPORTANT: REMEMBER YOU ARE GOING TO EAT A SNACK MID MORNING AND MID AFTERNOON



Oat cakes and almond butter or other nut butter.



Smashed avocado on sourdough toast or any other gluten free cracker.



Any cold left over vegetables from dinner with a meat or egg.



Boiled egg from boiled egg stash with a piece of fruit from fruit list.



Avocado eaten straight out the skin salted with salt and pepper to taste.



3 to 4 roasted sweet potato wedges batch made previously with dip.



Sliced apple or celery dipped in a nut or seed butter.



Vegetables slices dipped humus. Or just grab a carrot, wash and eat with skin on.



Carrot salad. Grated carrot, add lemon juice and coconut oil. Can also grate or slice an apple on top.



Natural Chef Carolyn's cucumber salad with sliced chicken.



A piece of fruit with 10 almonds or 5 Brazil nuts and mixed seeds.

LUNCH



Roasted sweet potato from evening before with chicken slices and dip.



Carolyn's chicken or tuna salad on sourdough toast (see recipe).



Grilled / fried (use butter to fry) chicken strips and bacon added to salad of lettuce, cucumber, avocado.



Or use any breakfast meal but preferably eat a different one to what you had at breakfast.



Chicken slices with some fruit.



Avocado eaten straight out the skin salted with C's super spice mix.



Smashed avocado on sourdough, feta, pumpkin seeds, sprouts, EVOO, S&P.



Avocado and green salad with chicken breast.



Grated carrot salad. (Grated carrot with a lemon and coconut dressing).



Grated carrot (orange and purple), grated apple, pineapple chucks, coconut oil and salt and lemon.



Chicken with grated carrot and beetroot salad.



Jacket sweet potato or jacket potato with butter and some cheese and ham or chicken.



Chicken or wild salmon wrap, lettuce, Avocado oil Mayo.



Tomato, mozzarella, basil salad.



Carolyn's chicken salad made with leftover or rotisserie chicken from Waitrose.

AFTERNOON SNACK

SEE MORNINGS SNACKS, BUT DON'T REPEAT UNLESS YOU HAVE MADE A BATCH UP.

DINNER



Wild salmon and rice with 3 veg of your choice. Add butter to veg.



As above with mackerel, anchovies, sardines, herring.



Turkey with vegetables with butter added to veg.



Steak with 3 veg of your choice. Add butter to veg. Grass-fed red meat 2 - 3 x per week.



Natural Chef Carolyn's Mixed Veg Frittata.



Jacket potato or sweet potato with butter and salad.



Turkey burgers with veg on slice of sourdough.



2 egg omelet, sprinkle of cheese and ham with veg.

DESSERTS



**BAKED BANANA
WITH ORGANIC
YOGURT OR
YOGURT
SWAPTIONS**



**COCONUT
YOGURT OR
RICE PUDDING**



**STEWED
APPLES WITH
RAISINS**



**COCONUT MILK
PANNACOTTA**



**PALEO BANANA
BREAD**



CHIA BROWNIES

SEE RECIPES AT THEPERRYMOUNT.COM & CALMINGCOLIC.COM

SUPPLEMENTS

Supplements are important for mums. The most basic package of supplements a mum should take for her and her baby's health are: A pregnancy / post natal multi, a clean fish oil and a probiotic. On top of this I add in digestive enzymes for the mums if I think foods are being a problem whilst breastfeeding. See my separate help guide for supplements at www.calmingcolic.com.

AND NOW...

How did you find this meal plan? Have you done it? Are you or your baby better? Are you less tired? Do you have less cravings? If you or your baby have benefitted at all please carry on! Five days is not long in terms of changing a diet, if you think that this plan made you eat better then please try eating like this longer, it really will benefit you and your baby now and into the future. If you have any feedback at all please email me on christian@calmingcolic.com

For loads of help for you and your baby please visit www.calmingcolic.com. There are videos, free downloads, blogs and all of my books available. 01444 410944 christian@calmingcolic.com



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