becom new mom everyth chang like everyth world turn upsid easi put nutrit need asid ’ realli realli import time make sure ’ get nutrient fuel need — especi ’ breastfeed and/or get back workout help ’ share guest post nutrit new mom kim dali farrel certifi health coach former magazin editor fit fanat mom kean julia kim work nation media outlet includ good housekeep glamour shape health fit industri leader includ myfitnessp fitbit current ’ call shot ceo founder mama love nutrit compani lactat women want maxim fit gain without sabotag breast milk safeti health suppli talk fit bottom mama read kim ’ top tip come nutrit new mom ’ pregnant everyon love remind babi lift fork “ ’ eat two ” “ watch mercuri tuna — ’ eat two ” even weird crave cheap burrito chocol croissant like made realli smart choic help bodi grow happi healthi babi good job mama come post-partum period though friendli voic seem fade lot conflict messag bodi need look like fuel first manag three meal snack two haze no-sleep newborn day pat back “ take enough calori eat regular schedul import new mom ” say shivani patel m.d maternal-fet medicin specialist assist professor obstetr gynecolog ut southwestern medic center dalla texa “ bodi need nourish keep daili activ repair heal deliveri ” post-partum period time go strict diet let ’ look sentenc ’ import one matter mani extra pound think ’ carri deliveri new mom need eat skimp food slow hormon shift allow metabol energy-storag process get back ’ s-no-baby-in-her state ’ breastfeed eat enough sabotag milk suppli — yep ’ still eat two research show lactat women need take 500 extra calori per day support breast milk product “ mom ideal rang 1,800 2,200 daili calori ” say dr. patel “ good portion calori need provid protein ”