

TIME TO

Add these yummy, nourishing dishes to your post-preggers diet.

REFUEL

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In Asia, the confinement period, or the first month after childbirth, is widely believed to be the most crucial period for new mums to regain strength and vitality.

Among the various practices advocated, an important one is nutrition, which emphasises healthy, healing and nourishing meals. No confinement nanny? With food delivery services like YeYeah Delights (www.yeyeahdelights.com) that offer dietitian-approved confinement meals, you won't have to worry about not eating well. Try these two from their menu.



ART DIRECTION & STYLING RAY TICSAY



← DANG GUI CHICKEN SOUP

Serves: 1

Cook time: 135 minutes

- > 1 skinless chicken leg
- > 3 cups home-made chicken stock [below]
- > 2g bei qi (astragalus root)
- > 2g dang gui (angelica root)

Boil all ingredients for 15 minutes over high heat. Then reduce to low heat and simmer for two hours. Serve hot.

* **Nutrition score per slice** 99kcal, 10.7g protein, 3.5g carbs, 2.9g fat (0.5g saturated)

HOME-MADE CHICKEN STOCK

Makes about 4 cups

Cook time: 120 minutes

- > 1 whole skinless chicken
- > 1 medium ginger, sliced
- > 10 cloves garlic, smashed
- > 1l water
- > 1 tsp salt

Place ingredients in large pot and simmer for two hours. Skim off fat. Set aside for use as stock. The remainder can be stored in the freezer for up to six months.

← STEAMED THREADFIN FILLET WITH SESAME, LEEKS & VEGETABLES

Serves: 1

Cook time: 15 minutes

- > 60g broccoli florets
- > 20g enoki and shiitake mushrooms
- > 1 tbsp no-MSG vegetarian oyster sauce
- > 150g threadfin fillet
- > 60g leeks, sliced
- > 2 tsp sesame oil
- > 1 cup cooked brown rice

1. Place broccoli, mushrooms and oyster sauce on top layer of two-layered steamer. Place fillet and leeks on second layer. Drizzle with sesame oil.

2. Steam and remove top layer after 10 minutes, and bottom layer after 15 minutes. Serve hot with brown rice.

* **Nutrition score per slice** 519kcal, 30.3g protein, 49.3g carbs, 20.6g fat (3.6g saturated)

OLD WIVES' TALES - BUSTED!

MYTH #1 Eat only meat and liver to replenish blood loss from labour.

TRUTH: Meat and liver should be consumed in moderation as they contain fat and cholesterol. Plus, subsisting on these alone will not meet your nutritional needs. A well-balanced diet consists of food from the four main groups: rice and alternatives, meat and alternatives, fruit and vegetables.

MYTH #2 Drink alcohol to improve blood circulation and keep warm.

TRUTH: Alcohol should be avoided during pregnancy, confinement and breastfeeding, according to the Health Promotion Board of Singapore

(HPB). Furthermore, it may be transmitted through breast milk to your baby, causing harm to growth and development. Studies have also shown that alcohol reduces breast milk production, as well as prevents the release of oxytocin, the hormone that helps you bond with Baby.

MYTH #3 Take papaya soup with fish to boost breast milk production.

TRUTH: Although popular during confinement, this dish has not been scientifically proven to increase milk supply. According to the HPB, the best way to amp up supply is to breastfeed often and express milk regularly. **E**