

# SNACKS IN LABOR

Talk with your provider first, and then plan based on what feels aligned with your comfort and their guidance.

## *Early Labor*

These are more "real food" options that most bodies tolerate better in early labor:

- Toast or bagels with jam or honey
- Plain or lightly flavored oatmeal
- Greek yogurt or non-dairy yogurt
- Eggs (scrambled or hard-boiled)
- Simple pasta with a little olive oil
- Rice with a bit of broth or tamari
- Smoothies with fruit, yogurt, and maybe some nut butter
- Light soups or broths with noodles or rice
- Fruit: bananas, melons, berries, apple slices
- Dates or date + nut balls

## *Hydration*

These are usually acceptable even in more conservative settings:

- Water
- Electrolyte drinks (Pedialyte, Liquid I.V., Gatorade-type drinks, coconut water)
- Clear juice (apple, white grape)
- Herbal teas (ginger, peppermint, chamomile)
- Broth (vegetable, chicken, or miso) in a thermos

Include options that your partner or support person can eat too. Hangry support people are not helpful.

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## *Active Labor*

Think easy carbs, not greasy, not heavy:

- Applesauce pouches
- Plain crackers or rice cakes
- Graham crackers
- Dry cereal (Cheerios, Rice Chex, etc.)
- Granola bars or soft cereal bars (pick lower-fat ones)
- Honey sticks or small packets of honey
- Fruit leather
- Banana chips or dried fruit (small amounts)
- Pretzels
- Simple jelly sandwich, cut in small pieces

