



Labor-Inducing Grocery List

We get it – you’ve been pregnant for almost nine months and you’re starting to feel anxious for baby to make their arrival. Once you’re at least 39 weeks pregnant, or full-term, you can begin eating or drinking certain foods and drinks to try inducing labor.

Here is your ultimate grocery list:

Red Raspberry Leaf Tea

Serving:

The recommended serving of red raspberry leaf tea is 1–3 cups per day.



Pineapple

Serving:

The recommended serving of pineapple is 1 cup per day.



Dates

Serving:

The recommended serving of dates is six dates per day.



Spicy Food

Hot Sauce
Chili Oil
Jalapeños
Harissa Paste
Spicy Arrabbiata Sauce
Spicy Honey



Evening Primrose Oil

Serving:

There isn’t a standard dosage for evening primrose oil, but 500 to 2,000 milligrams daily is recommended. Evening primrose oil is safe for most pregnant women to consume, but you should still talk to your medical provider beforehand.



Castor Oil

Serving:

The recommended one-time dosage for castor oil is 60 milliliters – or about 4 tablespoons – when you are 40 or 41 weeks pregnant.

Remember to talk it over with your health care provider before trying castor oil.



This list isn’t exhaustive, but we hope it helps you prepare for your big day! If you’re interested in learning more about cord blood banking and stem cells, we’re committed to helping people live healthier, longer lives and are always available to answer any questions you may have!