

GOOD NUTRITION FOR YOU AND BABY

TIPS ON HEALTHY EATING WHILE BREASTFEEDING

- Your body burns extra calories making milk so you should try to eat approximately 500 extra calories a day. Focus on eating a well-balanced diet from a variety of all the food groups, including lean meats, whole grains, fruits and vegetables, and low-fat or fat-free dairy products.
- If you are a vegetarian make sure to eat adequate amounts of protein, including soy products, beans, peas, nuts and seeds. Talk with your doctor if you need additional vitamin and/or mineral supplements. You may need to speak with a Registered Dietitian to make sure you are getting adequate nutrition for you and your baby.
- Continue prenatal vitamins while breastfeeding.
- Lack of iron can make you feel tired. Some high iron foods are beef, pork, beans, peas, soybeans, shrimp, pumpkin seeds, spinach and fortified cereals.
- Folic acid helps the body make healthy new cells and is important especially if you are planning to become pregnant in the future. Some good sources of folic acid are fortified grains, green leafy vegetables, oranges, beans and eggs.
- Breastfeeding moms need adequate protein, which is the building block of our bodies. Protein is found in meat, eggs, dairy products, soy products, beans, nuts and seeds.
- A healthy diet includes omega-3 fatty acids. Foods that have omega-3s are fish, especially fatty fish (examples are salmon, sardines, lake trout, tuna and anchovies), walnuts or walnut oil, ground flaxseed or flaxseed oil, olive, canola and soybean oil. Avoid fish high in mercury such as shark, swordfish, king mackerel and tilefish as the mercury can be passed to the baby through your milk.



- Drinking plenty of fluids is important when breastfeeding. Water is best, other drinks include low-fat or fat-free milk, 100% fruit juice, tea or coffee. Keep your caffeine intake to about two 8 oz. cups of brewed coffee. Caffeine can be dehydrating for you and stimulates wakefulness in the baby at night if you drink too much.
- Be sure to eat foods with calcium for healthy bones and teeth. Milk, cheese and yogurt are good choices. Also, you can get calcium from soy products such as tofu and soy milk, green leafy vegetables, canned salmon, beans, calcium fortified orange juice and calcium fortified cereals.

ARE THERE FOODS TO AVOID WHEN BREASTFEEDING

One food to avoid when breastfeeding is high mercury fish. Eat a balanced diet with a wide variety of healthy foods.

If you know someone in your family has a food allergy, or if you think your baby might, discuss it with your doctor. You may want to eliminate that food from your diet for a couple weeks to see if the baby's symptoms improve. Discuss with your doctor how to re-introduce this food.

LOSING WEIGHT AFTER YOUR BABY IS BORN

Remember your body needs time to heal after delivery.

Do not restrict your calories until after you are no longer breastfeeding. While breastfeeding you will burn more calories and a good weight loss is 0.5 to 1.5 pounds per week. Talk to your doctor before you start any exercise for the first six weeks after birth.

A Registered Dietitian can create an individualized weight loss plan for you. A doctor's referral is needed and you should check with your insurance to see if nutrition counseling would be covered.

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