



## NUTRITION FOR BREASTFEEDING MOMS

### *ARE YOU EXCLUSIVELY BREASTFEEDING?*

#### **NUTRITION DURING BREASTFEEDING:**

- ✓ Breastfeeding requires more calories (~500 more per day), protein, vitamins, and minerals than you need before pregnancy. The exact number of calories you need is determined by how much you are nursing. The more you nurse, the higher your calorie needs.
- ✓ Eating a healthy, balanced diet will give you r body what it needs and it will help you to produce quality breast milk for your baby.
- ✓ Consume a wide variety of food from all the food groups.
- ✓ Extra calories should be from nutritious foods, such as lean meats, low-fat or nonfat dairy products, fruits, vegetables, and whole grain bread and cereals.
- ✓ If you feel that your baby is bothered by a certain food that you eat, stop eating that food for at least 3 days and try it again when your baby is older.
- ✓ Drink approximately 12 (8-fl oz.) caffeine-free drinks per day, according to thirst. Having a glass of water each time you nurse your baby can help you get the fluids you need.

#### **DAILY MEAL PLANNING GUIDELINES:**

- ✓ Have at least 3 cups of low-fat or fat-free dairy foods for adequate calcium and vitamin D intake.
- ✓ Eat at least 2 ½ cups of vegetables (including at least 1 cup of dark green or orange vegetables).
- ✓ Have at least 1 ½ cups a day of fruit. Limit juice to 100% fruit juice and only 1 cup a day.
- ✓ Eat at least 6 ounces of grain foods like whole grain bread, cereal, or pasta. At least half your grains should come from whole grains.
- ✓ Eat at least 5 ounces of protein foods like meat, fish, or poultry.
  - If you do not eat meat, try similar amounts of other foods with protein, like cooked dried beans, tofu or soy, eggs, nuts, and cheese.

#### **FOODS TO AVOID:**

- ✓ Alcohol
- ✓ Limit drinks with caffeine to no more than 2-5 cups per day
- ✓ Herbal teas – use with caution
- ✓ Fish & Shellfish – avoid fish with high mercury levels (shark, swordfish, king mackerel, tile)
  - Eat no more than 12 oz. per week of fish with lower levels of mercury. This includes shrimp, canned light tuna, salmon, Pollock, and catfish.
  - Albacore tuna has more mercury than canned light tuna, limit to 6 oz. per week.

**Be food savvy. Make informed choices. Enjoy the taste of eating right!**



**NAVY**  
PHYSICAL  
READINESS  
PROGRAM

## NUTRITION FOR BREASTFEEDING MOMS

### RECOMMENDED FOODS FROM EACH FOOD GROUP

FOOD GROUP	AMOUNT	RECOMMENDED	EXAMPLES
<b>DAIRY</b>	3 CUPS	LOW-FAT YOGURT FAT-FREE MILK (SKIM) LOW FAT MILK (1%) LOW-FAT CHEESE OR COTTAGE CHEESE	1 CUP MILK 8 OUNCES YOGURT 1 ½ OUNCES CHEESE 2 OUNCES PROCESSED CHEESE
<b>FRUITS</b>	2 OR MORE CUPS	FRESH, FROZEN, CANNED, DRIED FRUIT JUICES AND NECTARS	1 CUP = 1 MED FRUIT ½ LG FRUIT 1 CUP CHOPPED, COOKED, OR CANNED 1 CUP (8 FL OZ.) 100% JUICE ½ CUP DRIED FRUIT
<b>GRAINS</b>	5-7 OUNCES	FORTIFIED READY-TO-EAT CEREALS FORTIFIED COOKED CEREALS LIKE OATMEAL OR FARINA WHEAT GERM WHOLE GRAIN BREAD PASTA AND RICE	1 OUNCE = 1 SLICE BREAD 1 CUP CEREAL ½ CUP COOKED CEREAL, RICE OR PASTA ½ BUN, SMALL BAGEL, OR ENGLISH MUFFIN
<b>PROTEIN FOODS</b>	5-7 OUNCES	COOKED DRY BEANS AND PEAS (PINTO, SOY, WHITE, LENTILS, KIDNEY, CHICKPEAS) NUTS AND SEEDS LEAN BEEF, CHICKEN, TURKEY, LAMB, PORK HALIBUT, COD, TROUT, TUNA	1 OUNCE = MEAT, FISH, CHICKEN 1/3 SIZE OF DECK OF CARDS 1 LARGE EGG ¼ CUP TOFU ½ CUP BEANS 1 TBSP PEANUT BUTTER 1/3 CUP UNSALTED NUTS
<b>VEGETABLES</b>	3 OR MORE CUPS	FRESH, FROZEN, AND CANNED VEGGIE JUICES	1 SERVING = 2 CUPS RAW, LEAFY GREENS 1 CUP COOKED 1 CUP JUICE