

Nutrition for Breastfeeding

Nutrition is just as important for both mom and baby, especially if mom is breastfeeding. These recommendations will help ensure moms meet their nutrient needs while also producing the highest quality breast milk.

- Continue prenatal multivitamin and mineral supplement
- Create a healthy plate at meals and snacks
- fill half of all plates at meals and snacks with fruits and veggies
- choose whole grains majority of the time
- oats and oatmeal are a good option that are nutritious and promote lactation
- consume 3 servings of dairy each day
- consume fish twice each week
- limit high fat meats as well as consume more plant based proteins such as nuts, seeds, lentils, and beans
- limit saturated and trans-fats especially from sweet treats
- Incorporate physical activity
- While you are breastfeeding, your need for fluids increases. You may notice that you are thirstier than before. Drink enough water and other fluids to quench your thirst. A common suggestion is to drink a glass of water or other beverage every time you breastfeed. Some beverages, such as soft drinks and fruit drinks, contain added sugars. Limit your intake of these beverages.

Please note: if you are advised by a physician to avoid milk and/or soy due to Milk and Soy Protein Intolerance, avoid foods with the following ingredients:

- Milk
- Casein
- Caseinate
- Lactalbumin
- Lactose
- Whey
- Soy
- Hydrolyzed vegetable protein
- Miso
- Tempeh
- Texturized Vegetable Protein
- Soy flour
- Soy lecithin*

*Soy lecithin is an emulsifier and should not contain soy protein. Some women can consume soy lecithin without issues whereas others continue to avoid it.

Milk and soy are also two of the most common allergens so they have to be declared on the Nutrition Facts Panel if in a food. Look under the ingredient list for "Contains: Milk and/or Soy". Avoid these foods. Please consult a registered dietitian or qualified health professional for further recommendations.

This medical and/or nutritional information is not intended to be a substitute for individual advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.