

EATING HEALTHY AND BREASTFEEDING

Just like eating well during pregnancy, eating well while breastfeeding is also important. Being at an unhealthy weight before pregnancy can increase your chances of retaining 11 pounds after delivery¹. Many moms feel that going on a “diet” is the best way to lose the extra pounds after pregnancy. Going on a “diet” is not recommended while breastfeeding. Remember, breastfeeding can help with weight loss. You can burn up to 500 calories a day while breastfeeding exclusively, which means you can lose up to 1 pound a week. That is about 4 pounds a month²!

According to the American Academy of Nutrition and Dietetics, eating a well-balanced diet can help to produce enough quality breast milk in order to continue breastfeeding for as long as possible². Many moms wonder how breastfeeding will affect their diet. You do not need to make any major changes to your diet while you are breastfeeding. However, there are a few things you might want to consider.

TIPS OF THE WEEK

- Eating well while breastfeeding sets you up for better health for you and your baby.
- “Dieting” is not recommended while breastfeeding.
- Avoid empty calorie foods such as sugary drinks, pastries, candy, and hot dogs.

You may feel very hungry when you are breastfeeding. Your body is using extra energy to make breast milk every day. The best way to manage your hunger and keep your energy up is to eat 3 small meals a day with a healthy snack in between each meal³. Avoid empty calorie foods such as sugary drinks, pastries, candy, pizza, hot dogs, etc³.

Read [here](#) to get more information about serving sizes.

TRY TO GET THE FOLLOWING EACH DAY^{2-4, 9}:

FOOD	AMOUNT
Protein	Six and a half servings: Meat, fish, beans, lentils, tofu, nuts, nonfat or low-fat dairy products.
Calcium	Three servings: Nonfat or low-fat milk, cheese, yogurt, sardines, salmon, almonds, dark green leafy vegetables.
Iron-rich foods	One or more servings: Red meat, poultry, beans, cooked spinach, iron-fortified cereals
Vitamin C	Two servings: Oranges, red and green bell peppers, strawberries, papaya, pineapple, mango, Brussels sprouts, kale.

FOOD	AMOUNT
Other fruits and vegetables	Three servings: Apples, bananas, berries, cucumber, grapes, peaches, pears, corn, peas, potatoes, pineapple, green beans, zucchini, watermelon, mushrooms, plums, unsweetened applesauce, raisins
Whole-grain and other complex carbohydrates	Nine servings (4.5 servings should be from whole grains): Whole wheat bread, pasta, oatmeal, cream of wheat, fruits, nuts, seeds, legumes-beans and peas.
Fat	Small amounts (6-8 teaspoons): 1 teaspoon of margarine, 1 teaspoon of oil, 1 ounce of nuts, 8 olives, 2 teaspoons of nonfat salad dressing, 1/8th avocado.
Water	At least eight cups: Drink water daily.
DHA-rich foods	Twice a week: To promote baby's brain growth. Look for it in wild salmon and sardines, walnuts as well as DHA- enriched eggs. <i>*Consult with your doctor if you are thinking about taking fish oil supplements.</i>
Prenatal vitamins	1 vitamin: Daily

THINGS TO AVOID⁴⁻⁶:

- Drinking large amounts of alcohol (1 serving a day= 1-12oz wine or 1 shot of liquor)
- Drinking large amounts of caffeinated drinks (No more than 2 to 3 cups or 16 to 24 ounces a day)
- High-mercury fish (Shark, tilefish, swordfish, mackerel and albacore "white" tuna)

If you have a family history of food allergies, some babies can be more sensitive to certain foods⁷⁻⁹.

If your baby becomes irritable or develops a rash, diarrhea or congestion after nursing he/she may have a food allergy. Consult with your pediatrician for more information.

First, try eliminating one food item for a few days to see if there is a response in your baby.

FOODS THAT MAY CAUSE AN ALLERGIC REACTION IN YOUR BABY^{4,8,9}:

- Eggs
- Fish
- Shellfish
- Peanuts
- Tree nuts
- Soy
- Wheat

Remember, the health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, or Medi-Cal. Contact your insurance plan for questions about your breastfeeding benefits.

IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455

RESOURCES:

MAYO CLINIC – BREASTFEEDING NUTRITION: TIPS FOR MOMS

mayoclinic.org/healthy-living/infant-and-toddler-health/in-depth/breastfeeding-nutrition/art-20046912?pg=1

HEALTH AND NUTRITION INFORMATION FOR BREASTFEEDING WOMEN

choosemyplate.gov/pregnancy-breastfeeding.html

nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf

WEBMD – YOUR NUTRITIONAL NEEDS WHILE BREASTFEEDING

webmd.com/food-recipes/features/your-nutritional-needs-while-breastfeeding

HEALTHY CHILDREN – HOW A HEALTHY DIET HELPS YOU BREASTFEED

healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/How-a-Healthy-Diet-Helps-You-Breastfeed.aspx

BABY CENTER – DIET FOR A HEALTHY BREASTFEEDING MOM

babycenter.com/0_diet-for-a-healthy-breastfeeding-mom_3565.bc

HEALTH – 12 FOODS WITH MORE VITAMIN C THAN ORANGES

health.com/health/gallery/0,,20745689,00.html

BLOGS:

MY BATTLE TO LOSE WEIGHT WHILE BREASTFEEDING BEGINS AGAIN

whattoexpect.com/blogs/mylittlemonkeys/my-battle-to-lose-weight-while-breastfeeding-begins-again

BREASTFEEDING WITH LOVE – BREASTFEEDING, WEIGHT CONTROL, AND A HEALTHY DIET

breastfeedingwithlove.com/blog/2012/08/05/Breastfeeding-Weight-Control-and-A-Healthy-Diet.aspx

THE BOOB GROUP – NUTRITION TIPS FOR BREASTFEEDING MOMS

theboobgroup.com/nutrition-tips-for-the-breastfeeding-mom/

BREASTFEEDING RECIPES

<http://www.fitpregnancy.com/nutrition/postnatal-nutrition/healthy-recipes-nursing-moms>

APPS:

LOSE IT! (FREE) - WEIGHT LOSS PROGRAM AND CALORIE COUNTER

itunes.apple.com/us/app/lose-it!/id297368629?mt=8

MYFITNESS PAL (FREE) - CALORIE COUNTER & DIET TRACKER

itunes.apple.com/us/app/calorie-counter-diet-tracker/id341232718?mt=8

FOODUCATE (FREE) - HEALTHY WEIGHT LOSS, DIET TRACKER & FOOD SCANNER:

itunes.apple.com/us/app/fooducate-diet-tracker-healthy/id398436747?mt=8

EXPECTING NUTRITION (\$2.99)

itunes.apple.com/us/app/expecting-nutrition/id459673846?ls=1&mt=8

Helps pregnant and nursing mothers track daily food intake.

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7. What You Need to Know About Mercury in Fish and Shellfish: Advice For Women Who Might Become Pregnant, Women Who Are Pregnant, Nursing Mothers, Young Children. (2004). U.S Food & Drug Administration. Retrieved from <http://www.fda.gov/food/foodborneillnesscontaminants/metals/ucm351781.htm>
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