

## Nutrition and Breastfeeding



### *Important Points to Keep in Mind*

- Eat regular meals and snacks.
- Women who are nursing their infant need 500 more calories each day than women who are not.
- Never skip meals.
- Choose a variety of foods from the 5 food groups.
- Drink **at least** 8-10 glasses of fluid per day (3 of the glasses should be milk).
- Rapid weight loss is not recommended. If weight is lost too fast a reduction in milk supply can occur.
- Weight loss of 1-2 pounds per month can be expected.
- Continue to take your vitamins!

### *Food Sensitivities*

Sometimes breastfed babies react to certain foods that their mothers eat. You might notice after eating spicy or gassy foods, your baby cries, fusses, or even nurses more often. If your baby gets symptoms every time you eat a certain type of food, stop eating that particular item. If you are craving the item consume it after breastfeeding.

### *Dairy Products*

In rare instances, your breastfed infant may be allergic to cow's milk in your diet. Symptoms can appear anywhere from a few minutes to a few hours after she breastfeeds and may include: diarrhea, rash, fussiness, and gas. To tell whether your baby is allergic,

you need to cut out all dairy products from your diet for 2 weeks. Then one by one, return dairy back in your diet to see whether your baby has a reaction after breastfeeding. If dairy is being omitted from the diet completely other means of calcium will be needed. (Supplements, fortified foods/drinks, green leafy vegetables).

### ***Caffeine***

Try to avoid caffeine or at least reduce your intake while you are breastfeeding. Caffeine tends to build up in babies' systems because their bodies cannot get ride of it very easily. A morning cup of coffee is not likely to harm your baby, but too much caffeine can cause problems such as poor sleeping, nervousness, irritability and poor feeding. Use mostly decaf tea, coffee, and colas.

### ***Alcohol***

While breastfeeding, avoid drinking alcohol because it can pass through your milk to your baby. If you drink alcohol, limit your intake to 1 drink. Preferably drink it after you breastfeed rather than just before.

### ***Benefits of Breastfeeding***

- Breastfed babies have fewer illness and chance for disease.
- Provides the best nutrition, contains at least 100 ingredients not found in formula.
- Sucking at the breast promotes good jaw development. It's harder work to get milk out of the breast than the bottle.
- Encourages the growth of straight healthy teeth.
- Creates an early attachment between mother and child. It's a source of warmth and comfort. Bottles have less human contact.
- Cheaper! No formula to buy, also no bottles to sterilize.
- Convenient, very little preparation before feeding.
- Easier to loose the weight from pregnancy, since breastfeeding uses up extra calories.
- Stimulates the uterus to contract to its original size.

## **Sample Menu**

### ***Breakfast***

Orange juice (1/2 cup)  
Whole –grain cereal (3/4 cup)  
Banana (small)  
Whole-wheat toast (2 slices)  
Margarine (2 tsp)  
Jelly or Jam (1 tbsp)  
1% milk (1 cup)

### ***Snack***

Canned peach halves (2)  
Peanut butter (1 tbsp)  
Bagel (1/2)

### ***Lunch***

Vegetable soup (1 cup)  
Crackers (8)  
Lean beef patty (3 oz)  
Hamburger bun (1)  
Sliced tomato  
Fresh fruit salad (1/2 cup)  
1% Milk (1 cup)

### ***Snack***

Cheese (1 oz)  
Crackers (4 )  
Fruit juice (1/2 cup)

### ***Dinner***

Green Salad (3 1/2 oz)  
Oil & vinegar dressing (1 tbsp)  
Broiled skinless chicken breast (3 oz)  
Herbed brown rice (1/2 cup)  
Green beans (1/2 cup)  
Whole-grain roll (1)  
Margarine (2 tsp)  
1% Milk (1 cup)

### ***Snack***

Apple (medium)  
Low-fat frozen yogurt (1/2 cup)

**Breastfeeding  
is Best Program**

*Smart Start*

Onslow County Health

Department

910-347-2154

ext. 8246 or 8228

Hours: Mon - Fri 8am-5pm

**Breastfeeding  
Support Group**

3rd Wednesday of every month

From 6pm—7pm

At Onslow Memorial Hospital's

Education Building