

Healthy Eating Guide for Nursing Moms

- Making breast milk requires energy. You need to eat enough to have the energy to make milk and to do everything else!
- Special diets or foods are not needed. A nursing mom's body is very efficient at producing milk.
- Drink to thirst. You need 6 - 8 cups of fluids each day - water, milk, juice etc.
- Stay within your daily caloric needs. The portion you choose to eat should agree with the total amount listed for each food group.
- If you are not losing weight or losing too slowly, cut back on calories you are currently eating. Limit foods high in fat and sugars. Check the Nutrition Facts label to keep them low.
- If you are losing weight too fast, you may need to increase your caloric intake. The easiest way is to eat a little more from each food group.
- Excessive caffeine (more than 2 cups of coffee per day) may make you irritable.
- Continue to take the prenatal vitamins or iron if your doctor ordered them for you. Remember vitamin and mineral supplements cannot replace a healthy diet.



Nursing Moms Need Physical Activity, Too!

Staying healthy is more than eating right and getting enough rest - physical activity is also important. You can choose from lots of activities, but most new moms like to take a morning walk or an afternoon stroll through the mall or park. Your baby likes these trips out too. Breastfeeding, healthy food choices and gentle physical activity can help you return to a healthy weight more quickly.



Visit the MyPyramid website for more nutrition and health information.

www.mypyramid.gov/mypyramidmoms

Call the Breastfeeding Support Line at the University of Nevada Cooperative Extension (702) 257-5583.

Mom's Special Gift is funded by the Food Stamp Program. Food Stamps can help make ends meet and serve as the first line in defense against hunger. It enables low income families to buy eligible nutritious food in authorized food stores. For information about the Food Stamp Program in Nevada, call: 1-800-992-0900, ext. 0500.

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BREASTFEEDING

Healthy Eating for Nursing Moms

and
Physical
Activity

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**MOM'S SPECIAL
GIFT**

Steps to Healthy Breastfeeding

Your caloric needs depend on your age, activity level and weight. If you are exclusively breastfeeding (no formula), the USDA suggests a 2400-calorie food pattern. If you are breastfeeding AND supplementing your baby with formula, use the 2200-calorie food pattern. Keep in mind your caloric needs also depend on your age, activity level and weight. If you begin to lose more than 1-2 pounds a week, consider adding a bit more food to your diet. On the other hand, if you are not losing weight or if you are gaining weight while nursing, consider cutting back on adding fats and sugars to your foods—you still need all the nutrients found in the foods below.



Frequently Asked Questions

Q. Can I drink beer while I am nursing?

A. Alcohol is found in breast milk 30 - 90 minutes after drinking. If you nurse during this time, your baby is taking in alcohol too.

Q. Do I have to include milk in my diet in order to produce milk?

A. Not really. Milk is a rich source of calcium. But calcium is not just found in milk. Foods such as yogurt, orange juice fortified with calcium, cheeses, broccoli, kale, turnip greens, bok choy and dry beans (soybeans, black-eyed peas, white beans) also are good sources of calcium. If you avoid milk because it gives you diarrhea or bloating, you may choose lactose-free milk and milk products. Ask your health care provider about using lactase pill or drops before taking milk products.

Q. Can I still eat onions and garlic? Will my baby like my milk?

A. The flavors of foods do pass through breast milk. But you don't have to give up eating any foods. In fact your baby will learn to accept these foods later in life. If you notice your baby gets very gassy or has hives, speak with your lactation counselor or doctor. It could be caused by something you ate, your laundry detergent, medication or a number of other things.

Q. I cannot quit smoking yet, can I nurse?

A. You can still breastfeed if you can't quit smoking. Make sure you smoke **AFTER** you breastfeed your baby. Wash your hands before feeding your baby. Do not smoke near your baby - go outside the house. Second-hand smoke may cause asthma in young children. You may want to cut back if your baby gets fussy. Babies don't like the smell and taste of tobacco.

	Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
	<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day.</p> <p><u>These count as 1 oz.:</u></p> <ul style="list-style-type: none"> • 1 slice bread • 1 cup ready-to-eat cold cereal • 1/2 mini bagel • 1 small biscuit • 1/2 cup cooked cereal, rice or pasta • 1 tortilla-6 inches • 1 pancake-4.5 inches • 3 cups popped popcorn, unbuttered 	<p>Eat more dark green veggies: broccoli, spinach and kale, etc.</p> <p>Eat more orange vegetables; carrots and sweet potatoes.</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, lentils.</p> <p><u>These count as 1 cup*:</u></p> <ul style="list-style-type: none"> • 1 cup cooked vegetables • 2 cups raw leafy vegetables • 1 cup cooked dried beans <p>*Use a measuring cup</p>	<p>Eat a variety of fruits. Choose fresh, frozen, canned or dried fruit. Go easy on fruit juices.</p> <p><u>These count as 1 cup*:</u></p> <ul style="list-style-type: none"> • 1 cup 100% juice • 1 large banana or orange • 1 small apple • 1 cup canned fruits • 2 large plums • 1 cup sliced, raw or cooked, canned, drained fruit <p>*Use a measuring cup</p>	<p>Go low-fat or fat-free when you choose milk, yogurt and other dairy products.</p> <p><u>These count as 1 cup*:</u></p> <ul style="list-style-type: none"> • 1 cup 1% or skim milk • 1 cup low-fat yogurt • 1.5 oz low-fat hard cheese • 1/3 cup shredded cheese • 2 oz. processed cheese (American) • 1 cup frozen yogurt <p>*Use a measuring cup</p>	<p>Choose low-fat or lean meats and poultry. Vary your protein routine—choose more fish, beans, peas, nuts and seeds.</p> <p><u>These count as 1 oz.:</u></p> <ul style="list-style-type: none"> • 1 oz. lean meat, fish, or poultry; 1 egg • 1 slice lunch meat • 1 tbsp. peanut butter • 1/4 cup cooked kidney, pinto, or garbanzo beans, etc. • 1/2 oz. of nuts • 1/4 cup tofu
Caloric Level					
2,200	7 ounces a day	3 cups a day	2 cups a day	3 cups a day	6 ounces a day
2,400	8 ounces a day	3 cups a day	2 cups a day	3 cups a day	6.5 ounces a day