

FEEDING THE FEEDER:

DIETARY ESSENTIALS DURING LACTATING

Breastfeeding women typically require 340-400 extra calories a day. Choosing nutrient rich foods provides energy needed to produce milk, keeping both you and the baby healthy.

GOOD SOURCE OF PROTEIN

Include protein foods **2-3 times** per day such as **meat, poultry, fish, eggs, dairy, beans, nuts and seeds.**

Great source of Vitamin D



GREEN LEAFY VEGETABLES

Eat **three servings** of vegetables, including **dark green and yellow vegetables** per day.

Storehouses for Vitamin A, Vitamin C, Iron, calcium and antioxidants.



FRUITS

Eat **two servings** of fruit per day. Fruits are rich sources of vitamins, antioxidants and minerals



WHOLE GRAINS

Include **3-4 servings** of whole grains such as **whole wheat breads, pasta, cereal and oatmeal** in your daily diet. They are a good source of essential nutrients like proteins, vitamins, iron and other minerals



FOODS THAT BOOST SUPPLY

Oatmeal and whole grains: rich in betagalucan (supports prolactin helps milk making hormone) B vitamins and fibre for steady energy

Spinach: fibre, folate, calcium and phytoestrogen

Eggs: protein boost, folic acid, vit B12 and B2, vitamin A

Dates: iron, fiber, calcium, and potassium, increase prolactin (increase milk supply)

Asparagus: flavonoids & saponins (increase milk supply)

Beef: highly absorbable iron, niacin & zinc, protein, vitamins B6 & Vitamins B12

Fennel: These herbs are traditional galactagogues

Chia seeds: high in omega-3 fatty acids and fiber

Flaxseed: high in phytoestrogens that promotes lactation, omega 3 and omega 6

Sweet Potatoes: vitamin A & potassium

Nuts & beans: protein and healthy fats

Chickpeas & Soybeans: protein, vitamins, minerals & phytoestrogens

Bananas: potassium, fibre & B vitamins

Papaya: Vitamin C & Folate

Avocado: healthy fats, fibre, folate, potassium, vitamins B, K, C & E

Apricots: fibre, vitamin A & C, antioxidants, minerals & carotenes

Brewer's yeast: Rich in nutrients added as an additive

FOODS TO AVOID

Excessive caffeine: babies aren't able to excrete caffeine as quickly as adults. Limit intake to 3 cups a day

Fish high in mercury: Mercury passes into breast milk and can harm an infant's developing brain and nervous system.

Examples: Swordfish, Mackerel, Shark & Marlin

Peppermint, Parsley & Sage: minty herbs known as antigalactagogues can reduce milk supply

Alcohol: there is no level of alcohol that is considered safe for baby.

Cigarettes: can decrease milk supply and pass nicotine in the milk.

Ultra processed food: low in nutrition

VEGETARIAN DIET

Vegetarian diets can be compatible with breastfeeding. If you avoid meat, make sure you eat other sources of **iron and zinc** such as **dried beans, dried fruit, nuts, seeds and dairy.** If you avoid all animal products (vegan diet) you will need to take a **B12 supplement** to make sure your baby does not develop a B12 deficiency.



ALLERGIES

In rare cases a breastfeeding baby may develop a food allergy to foods the mother is eating. The most common symptoms are **green, mucus-like and blood-specked stools.**

Colic and reflux are not usually caused by food allergies.

Common foods that cause allergies are **dairy products, soy products, wheat, eggs, fish, corn, peanuts and nuts.**

Removing the suspected food from your diet could alleviate your baby's symptoms. A visit with a registered dietitian experienced with food allergies may help you plan your diet.



Simply Lactation
Personalized Breastfeeding Support