



Diet Guide for Breastfeeding

When you breastfeed, you must eat 500 more calories every day than you needed before pregnancy. Eat three meals and several snacks to get the nutrition your body needs.

Healthy snack choices:

- A piece of fruit
- A small yogurt with fruit
- Graham crackers and milk
- Carrots/celery with low fat dip
- 1 small box of raisins and a cheese stick
- 1 cup of soup and saltine crackers
- Crackers and peanut butter
- Cheese and crackers

- Rebuild your body's iron with iron-rich foods such as whole grain breads, cereals, green, leafy vegetables and legumes.
- Eat or drink 3 or more servings of milk or milk products every day.
- Eat more vegetables and fruits (orange/yellow colored) that have vitamin A.
- Eat lean proteins such as round and sirloin meats, cooked fish (no more than 12 ounces per week), chicken, eggs, beans and peas.
- Drink a lot of fluids, at least 8 – 12 cups of fluid every day. Water, milk, juice and soups are good choices.
- Do not drink any drinks with caffeine.
- Do not drink alcohol.
- Season food however you would like to. Just know that spicy foods may cause your baby to have discomfort.

Eat a balanced diet that will help to feed you and your nursing baby.