

# EATING RIGHT WHILE BREASTFEEDING

LIFE-STYLES: NUTRITION SERVICES LLC



Breast-feeding requires extra nutrition, making healthy eating just as important after pregnancy. The extra nutrition goes toward making baby's milk so don't worry about your waist line!



FOOD GROUPINGS	EXAMPLES	HOW MUCH
WHOLE GRAINS	Breads, Cereals, Pastas and Brown Rice	Serving sizes are 1/2c-1c-look at label
FRUITS-EAT THE RAINBOW	Fresh, Frozen or Canned Without Added Sugars	Half your plate should have fruits and veggies-use whole fruits as much as possible
VEGETABLES-EAT THE RAINBOW	Fresh, Frozen or Canned with No Added Salt	Half your plate should have fruits and veggies
PROTEIN	lean meat, skinless poultry, fish, shellfish, beans, eggs, nuts and seeds	80 to 100 grams a day.
LOW-FAT OR FAT-FREE DAIRY	Milk, Cheese and Yogurt	3 servings a day (1cup of milk, 1-2oz cheese, small yogurt cups)
HEALTHY FATS	Avocados, Nuts and Seeds as Well As Vegetable Oils Including Canola and Olive Oil	Measure oils; 1T is typically serving size for everything in this category
AVOID	Tilefish, Shark, Swordfish and King Mackerel; And Limit. If Consumed; Unpasteurized Milk and Some Soft Cheeses That Are Made from Unpasteurized Milk; Extra Calories from Added Sugars from Drinks and Sweets and Solid Fats Such as Fried Foods	Certain fish has a high amount of mercury that can build up like a toxin; pasteurization kills bacteria and reduces risk of foodborne illnesses; extra calories that provide no nutrition goes straight to the waist line
LIMIT	White (Albacore) Tuna, Halibut, Mahi Mahi to 4 Ounces Per Week; 1c per day of 100% Juice	Mercury should be limited/avoided; juice is a source of sugar
Beverages	coffee, tea, colas	8oz is serving size; limit to no more than twice a day-eater and decaf are better options

*Lifestyle Changes Now-impacting Food & Nutrition Habits Of Future Generations*

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