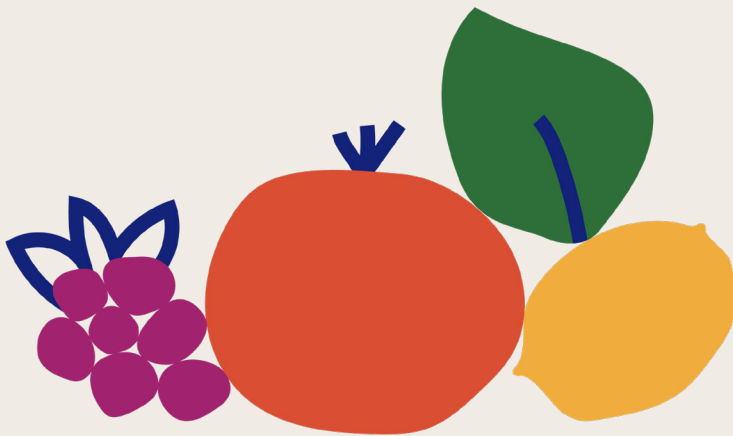


What to Eat When You're Breastfeeding

The recommendations for eating when you're breastfeeding are basically the same as before: reach for foods full of nutrients and limit intake of unhealthy fats, sodium, and added sugars. Thing is, when you're making milk, your calorie needs increase and taking care of a baby can make feeding yourself more challenging. Use this what-to-eat cheat sheet as a guide.



Pretty produce

What you get:

A variety of good-for-you nutrients and fiber

What you need:

2 1/2 to 3 1/2 cups of veggies and 1 1/2 - 2 1/2 cups of fruit a day

Try this:

- Serve a green salad on the side—of everything.
- Add sauteed veggies like peppers or greens into an omelet or pasta.
- Snack on raw carrots, apples, snap beans, tomatoes.

Fresh, frozen, cooked, or canned veggies are all great. Dressing or sautéing them in healthy oils, like olive or canola, provides flavor and staying power.

Grains

What you get:

Fiber, trace minerals, and quick fuel

What you need:

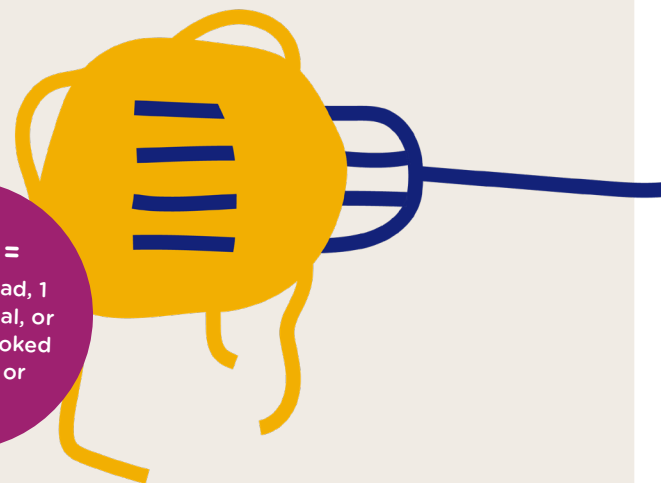
6-10 ounces a day — most of them whole grains

Try this:

- Use brown rice, quinoa, or farro as a base for veggies, lean proteins and healthy fats.
- Have a slice (or two) of whole-grain toast with peanut butter.
- Enjoy a cup of oatmeal topped with fruit and nuts.

1 ounce =

1 slice of bread, 1 cup cold cereal, or 1/2 cup of cooked rice, pasta, or cereal





Dairy (or plant-based subs)

What you get:

Calcium and
vitamin D

What you need:

3 cups daily of dairy or
calcium-fortified plant products

Try this:

- Have a cup of Greek yogurt for breakfast or a snack.
- In a smoothie! Blend 1 banana + 1 cup of milk + scoop of peanut butter + a handful of spinach + ice.
- Treat yourself to a latte with the milk of your choice.

Lean, clean proteins

What you get:

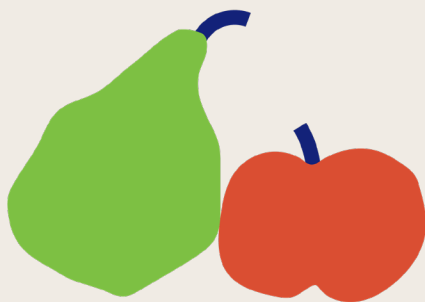
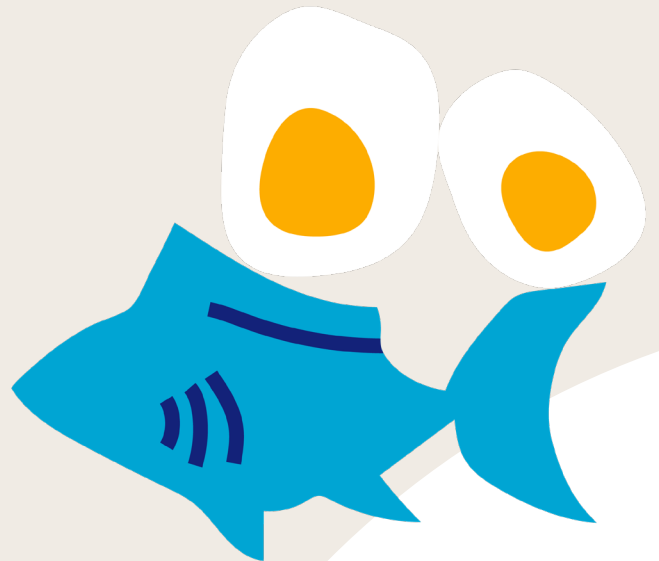
Protein helps you feel satisfied and is important for building new cells

What you need:

5-7 ounces of lean meat, poultry, fish, eggs, almonds a day
1 1/2 - 2 1/2 cups of beans or legumes per week

Try this:

- Have chicken or fish for dinner—add leftovers to greens for an easy lunch.
- Keep hard-boiled eggs and nuts handy for quick snacks.
- Go for veggie sources of protein: a bean burrito, pasta with rinsed canned beans, or steamed frozen edamame as a side.



A little extra fuel

What you need:

~350 to 400 calories a day if you're exclusively breastfeeding

Try this:

- Add a piece of fruit to each meal.
- Enjoy trail mix with nuts and dried fruit or snack on popcorn—it's a whole grain!
- Grab a nutrient-rich granola or fruit-and-nut bar.

A smart way to consume this fuel is by eating nutrient-rich foods you need—fruits, healthy fats, more veggies, and an extra serving or two of whole grains and/or dairy. Or enjoy a treat!

Plus, plus!

Eating everything you need can be tricky. Talk with your doctor about taking prenatal vitamins or other supplements. And don't forget to hydrate to help keep your milk flowing.