

Diet for Mom

While breastfeeding you should eat extra:

- Protein
- Calories
- Vitamins
- Minerals

You can continue to take a multivitamin. Your body is smart and knows how to make the perfect milk for your baby, even if you do not always eat the best.

Eat a well-balanced diet. Have a drink every time you feel thirsty, about 6-8 cups a day. Avoid or limit alcohol. Drink a beverage every time you breast feed or pump.

Drink ideas are:

- Water
- Milk
- Juice
- Tea (caffeine free or herbal)

Limit beverages with caffeine to 1 or 2 servings per day. You may continue to eat spicy or gas-forming foods, unless they seem to bother your baby.

Visit www.choosemyplate.gov to find more information for breastfeeding mothers.

Not feeling hungry? You may lose your usual desire to eat after your baby is born. If this happens, try to eat healthy high-calorie foods that are easy to make.

Ideas Include:

- Milk and fruit shakes
- Yogurt
- Cheese
- Eggs
- Nut butters
- Nuts
- Seeds
- Dried fruits.

Dieting while breastfeeding:

You should not diet while providing breast milk. A slow weight loss of 2-4 pounds per month after the first month is best. It can take several months for you to get back to your pre-pregnancy weight. Losing weight too fast may make your milk supply go down. Be patient with your weight loss.

For more information on your diet while breastfeeding, please call the Children's Mercy Hospital Breastfeeding and Pumping Helpline at (816) 346-1309.

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