**TIPS FOR BREASTFEEDING MOMS**

**What should I eat?**

When you are breastfeeding, you have special nutritional needs. The calories and amounts of food you need differ if you are only breastfeeding or breastfeeding and giving formula. Choose the plan that is right for you. *Eat these amounts from each food group daily.*

**Choose the plan that is right for you**

<table>
<thead>
<tr>
<th></th>
<th>Fruits</th>
<th>Vegetables</th>
<th>Grains</th>
<th>Protein Foods</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breastfeeding Only</strong></td>
<td>2 cups</td>
<td>3 cups</td>
<td>8 ounces</td>
<td>6½ ounces</td>
<td>3 cups</td>
</tr>
<tr>
<td><strong>Breastfeeding plus formula</strong></td>
<td>2 cups</td>
<td>3 cups</td>
<td>7 ounces</td>
<td>6 ounces</td>
<td>3 cups</td>
</tr>
<tr>
<td><strong>What counts as 1 cup or 1 ounce?</strong></td>
<td>1 cup raw or cooked vegetables or juice</td>
<td>1 slice bread 1 ounce ready-to-eat cereal</td>
<td>1 cup milk 8 ounces</td>
<td>½ cup cooked dry beans</td>
<td>1 tablespoon peanut butter 1½ ounces 1 tablespoon peanut butter</td>
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<tr>
<td></td>
<td>2 cups raw, leafy vegetables</td>
<td>½ cup cooked pasta, rice, or cereal</td>
<td>2 ounces processed cheese</td>
<td>2 ounces processed cheese</td>
<td></td>
</tr>
</tbody>
</table>

*These amounts are for an average breastfeeding woman. You may need more or less than the average. Check with your doctor to make sure you are losing the weight you gained during your pregnancy.*

**Other tips to remember:**

- **While you are breastfeeding,** your need for fluids increases. You may notice that you are thirstier than before. Drink enough water and other fluids to quench your thirst. A common suggestion is to drink a glass of water or other beverage every time you breastfeed. Some beverages, such as soft drinks and fruit drinks, contain added sugars. Limit your intake of these beverages.

- **Use caution when drinking beverages containing caffeine or alcohol.** These substances pass from your bloodstream into your breast milk to your baby.

- **Vitamins and mineral supplements cannot replace a healthy diet.** In addition to eating a healthy diet, you may need a multivitamin and mineral supplement. Talk with your doctor or health care provider about taking a supplement, and follow his or her advice. Be sure to tell you doctor about any supplements you are already taking to protect yourself from taking too much.
- Women who are pregnant or breastfeeding should consume 8 to 12 ounces of seafood per week from a variety of seafood types. Due to their methyl mercury content, limit white (albacore) tuna to 6 ounces per week, and do not eat the following four types of fish: tilefish, shark, swordfish, and king mackerel.

**How can I lose weight after my baby is born?**

Breastfeeding is best for moms and their babies for many reasons. Besides providing nourishment and helping to protect your baby against becoming sick, breastfeeding may help you lose the weight gained in pregnancy. Moderate exercise and eating less can help breastfeeding mothers lose weight.

Continue to visit your doctor or health care provider while you are breastfeeding. While you are breastfeeding, your doctor can keep track of your weight and tell you if you are losing weight as you should. If you are losing weight too slowly or too fast, change the amount you are eating.

- If you are not losing weight or losing too slowly, cut back on the calories you are currently eating. The best way to eat fewer calories is by decreasing the amount of “empty calories” you are eating. Empty calories are the calories from added sugars and solid fats in foods like soft drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low-fat, fat-free, unsweetened, or with no added-sugars. They have fewer or no “empty calories.”

**What about physical activity?**

Unless your doctor advises you not to be physically active, include 30 minutes or more of physical activity, such as walking or swimming, on most if not all days of the week.

- The physical activity can be done in short periods of 10 minutes.
- The total time of 30 minutes is what is important.