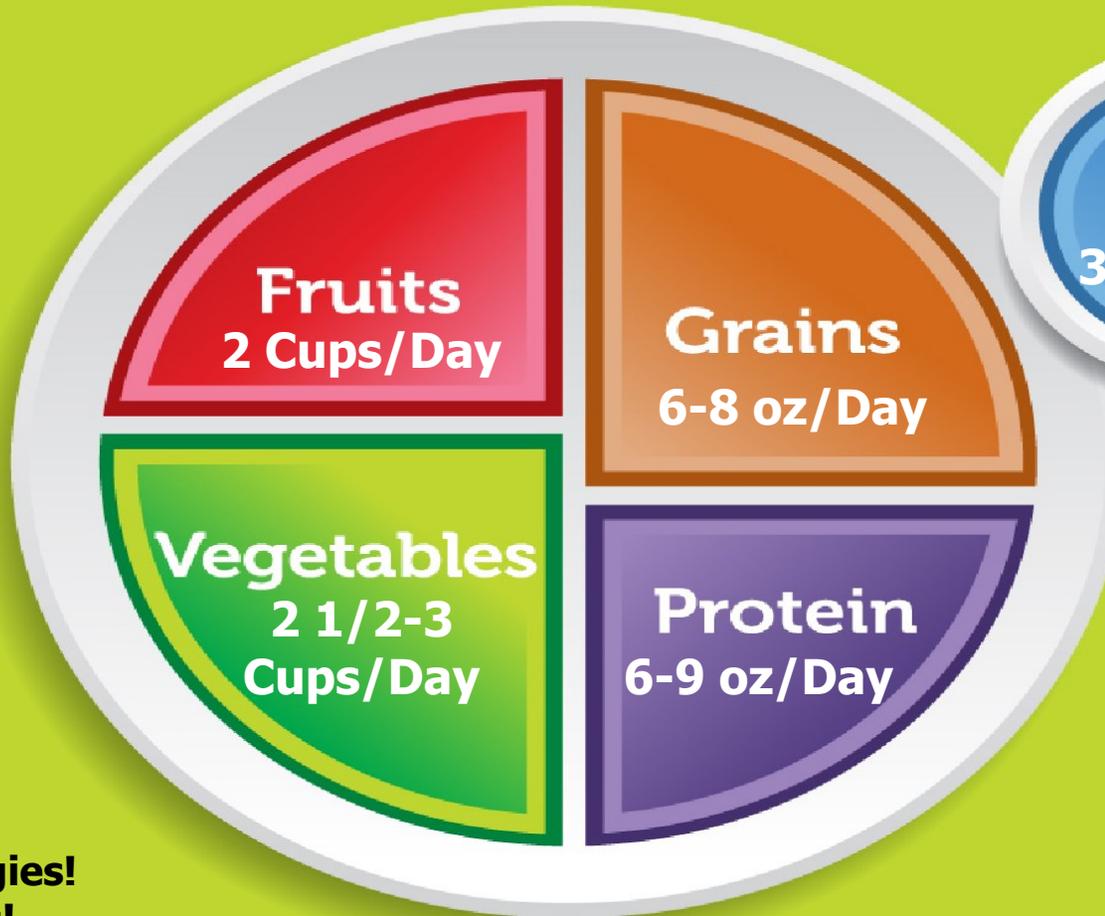


Breastfeeding



Dairy
3 Cups/Day

Serving Sizes

Dairy

- 2 cups cottage cheese
- 8 oz yogurt
- 1 1/2 oz cheese
- 1 cup milk

Grains:

- 1 slice bread
- 1/2 cup rice, pasta, or oatmeal
- 6 inch tortilla

Protein

- 1 oz meat, poultry or fish
- 1/4 cup dry beans
- 1 Tbsp peanut butter
- 1 egg
- 1/2 oz nuts
- 1/4 cup tofu

- **Vary Your Veggies!**
- **Focus on Fruits!**
- **Half Your Grains Whole!**
- **Go Lean With Protein!**
- **Get Calcium-Rich Foods!**

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A Healthy Diet Can Help You Breastfeed!

Calcium:

- Eat 3 cups of dairy daily to help prevent bone loss. If you are allergic to dairy products, try calcium-fortified juice, tofu, dark leafy greens such as spinach and kale, broccoli, or dried beans.

Vitamin D:

- Vitamin D is important in maintaining bone strength.
- Breastfeeding women need 400 IU to 1,000 IU of Vitamin D daily.
- Talk with your doctor to determine your specific needs.
- Foods with Vitamin D include salmon, mackerel, fortified milk or orange juice, and yogurt.

Folic Acid:

- At least 400 micrograms of folate or folic acid is needed daily to prevent birth defects and to help with baby's growth and development.
- Folic acid is in green vegetables, citrus fruits or juice, many kinds of beans, and meat or poultry liver. Breads, cereal, and grains are also often enriched with folic acid.

Vitamins/Supplements:

- Talk to your doctor about continuing to take a prenatal vitamin or multi-vitamin.
- Keep in mind, though, that these supplements are an addition to a healthy diet, not a replacement.

Caffeine

- Consuming coffee, tea, and caffeinated sodas in moderation is fine when you are breastfeeding. However, if you feel that your infant becomes more fussy or irritable when you consume caffeine, consider decreasing your intake.

Alcohol

- Alcohol passes through your milk to your baby so it is best to avoid use while breastfeeding. Refer to your doctor if you have questions or concerns regarding alcohol consumption.

Birth Control

- Use contraceptives only when milk supply is firmly established (usually after 6 weeks.)
- Be sure to discuss birth control with your infant's pediatrician and your gynecologist first.
- Some birth control, while not harmful to the baby, may diminish milk supply. This can happen especially during the early weeks of breastfeeding.

Returning to Work or School

- Express milk every 3-4 hours, around the times that your baby would normally breastfeed. Each session could last about 15-20 minutes.
- To increase milk supply, pump more frequently for at least 10 minutes per session - even if your milk stops flowing before then.
- While at home with your baby, offer the breast at least every 2-3 hours. If he sleeps through the night, consider waking him at your bedtime for an additional feeding. On weekends, breastfeed exclusively whenever baby shows interest.
- Once your milk production has increased again, maintain your supply by drinking an adequate amount of liquid, getting enough rest, and relaxing as much as possible during pumping sessions.
- Remember...cutting a session short to get back to work a few minutes earlier isn't worth the cost of diminishing your milk supply!

Ask your health care provider if you have any problems or questions and always check with your provider before taking any medicine or changing your exercise plan.

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U.S. Department of Agriculture Center for Nutrition Policy and Promotion

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Information adapted from The American Academy of Pediatrics www.healthychildren.org,
Montana WIC, and La Leche League International

Revised 5/2015