



# NUTRITION NOTES FOR THE BREASTFEEDING MOM



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## WHY SHOULD I BREASTFEED?

### FOR INFANT

- Breast milk contains a built-in immune protection for your baby. Breastfed babies are sick less often and less severely.
- Breastfeeding is an easy way to create a bond between you and your baby. This bond is important in the development of your baby.
- Breastfeeding reduces the risk of SIDS (Sudden Infant Death Syndrome).
- Breastfeeding reduces ear infections in your child.
- Breast milk can reduce the chance of being an overweight child.
- Breastfed infants develop a taste for a wider variety of foods.

### FOR MOM

- Breastfeeding helps to develop a special closeness between you and your baby.
- Breastfeeding triggers the release of oxytocin that helps shrink the uterus faster to its pre-pregnancy size and aids in postpartum weight loss.
- Breastfeeding can reduce your risk of developing uterine and breast cancer.

## WHY IS NUTRITION IMPORTANT?

### BREASTFEEDING OR NOT

- Nutritious food sources are necessary for a quick and healthy recovery from childbirth. A variety of vitamins and minerals are important for proper healing.
- More iron, folacin, and vitamin C are needed to rebuild red blood cells lost during childbirth.
- Protein is used for rebuilding tissues damaged during childbirth.
- If breastfeeding: more iron, folacin, and vitamin C is needed to build your baby's blood supply.
- Added protein provides your baby with enough protein.
- More calcium builds your baby's bones and teeth, and makes your bones stronger.

### BREASTFEEDING-EXTRA FLUIDS

- Drink at least 2 quarts of liquid daily including water, juice, milk, and other beverages.
- The more often you nurse your baby, the greater your milk supply will be: supply & demand.
- Sip a glass of water, juice, or milk while nursing your baby.

## INCLUDE THESE FOODS:

### CALCIUM RICH FOODS

For your baby's bones and to make your bones stronger:

Milk (whole, 2%, skim)	Cottage cheese
Milkshakes	Yogurt or Cheese

### PROTEIN FOODS

To help you heal:

Meats	Dried beans, peas, and lentils
Tuna	Blackeyed peas
Cottage cheese	Nuts
Cheese	

### VITAMIN C RICH FOODS

These help the body use iron better to help form blood cells and heal damaged tissue:

Oranges	Tomato juice
Orange juice	Melon
Grapefruit	Broccoli
Grapefruit juice	Baked potatoes
Tomatoes	

### HIGH FIBER FOODS

To decrease constipation:

Bran cereals  
Whole wheat bread products  
Fresh fruits & vegetables  
Nuts  
Seeds

### IRON RICH FOODS

To help replenish iron lost during delivery:

Cereals – Product 19, Total, Raisin Bran  
Whole wheat bread/rolls/crackers  
Bran muffins  
Fruits & vegetables  
Spinach  
Raisins



## TIP...

Sometimes gas causing foods (cabbage, broccoli, cauliflower, onions), spicy foods, and caffeine beverages/foods you eat will cause discomfort to your baby after nursing. The baby can experience colic symptoms such as crying and stomach ache. Gradually introduce these gas causing and spicy foods into your diet and avoid them if the baby experiences discomfort.

### GOOD SNACK IDEAS

- Cheese and crackers
- Meat sandwich
- Cottage cheese and fruit
- Fresh vegetables and dip
- Peanut butter with bread or crackers

## IS YOUR BABY GETTING ENOUGH?

Yes if:

- He/she has 6 or more wet diapers and 2 – 3 stools each day (after your milk comes in).
- The infant shows a steady increase in weight (check baby's weight at 1 to 2 weeks after birth).
- He/she has an alert, healthy appearance.
- You can feel the baby sucking and hear the baby swallowing while feeding.

## TIPS FOR THE NEW NURSING MOM

- Alternate breasts each time you nurse your baby.
- Allow the breast to air dry for a few minutes after nursing to prevent the breast from becoming raw.
- If your breasts become engorged (hot, swollen, hard) use warm compresses on breast between feedings. Try a warm shower or warm compresses to get the milk to flow.
- You should not feel any pain while nursing if the baby is latched on correctly. If you are experiencing pain, talk to a lactation consultant.
- Smoking and alcohol consumption by a breastfeeding mother is discouraged. It can interfere with the milk let-down reflex and result in a low milk supply.