

## Nutrition While Breastfeeding



### Do I need a special diet for breastfeeding?

You don't have to eat a special diet to make enough milk for your baby. Your milk will be good quality for your baby no matter what you eat. But your body needs fuel to make breastmilk. People who are breastfeeding need about 500 extra calories per day. Some people might need more. Other people might need less. So eat your fill of a variety of healthy foods.



### A healthy diet

A healthy diet is important for all people who are nursing and offers many benefits to a new parent. When choosing foods, use the chart below as a guide.

Bread, cereal, rice, and pasta	Vegetables	Fruit
Milk, yogurt, and cheese	Meat, poultry, fish, dry beans, eggs, and nuts (in small amounts)	Fats, oils, and sweets

### What's good for you?

Here are some things to do:

- Drink fluids when you feel thirsty. There is no specific amount of water you need to drink to make enough milk.
- Follow healthy eating guidelines.

- Snack on fruit or low-fat dairy foods if you're hungry between meals.
- If your healthcare provider advises it, keep taking prenatal vitamins.
- Get plenty of rest.

## What's not good for you?

Here are other things to consider:

- Limit fatty foods and foods that are high in sugar. This includes foods like cookies and cakes.
- Be aware that what enters your body may pass into your breastmilk.
- Limit caffeine. It's not just in coffee. It's also in cola, tea, and chocolate.
- Limit the amount of fish you eat that may contain mercury. This includes tuna and swordfish.
- Talk with your healthcare provider before taking any medicines. It's important to let your healthcare provider know that you are nursing. Some medicines are not safe when you are breastfeeding.
- **Remember:** Alcohol, cigarettes, and drugs pass into your breastmilk. Talk with your healthcare provider if you are using alcohol, smoking, or using drugs. Your provider wants to help you and your baby be as healthy as possible.

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