become new mom everything changes Like EVERYTHING world turned upside easy put nutritional needs aside ’ really really important time make sure ’ getting nutrients fuel need — especially ’ breastfeeding and/or getting back workouts help ’ sharing guest post nutrition new moms Kim Daly Farrell certified health coach former magazine editor fitness fanatic mom Keane Julia Kim worked national media outlets including Good Housekeeping Glamour Shape health fitness industry leaders including MyFitnessPal Fitbit Currently ’ calling shots CEO founder Mama Love nutrition company lactating women want maximize fitness gains without sabotaging breast milk safety health supply Talk Fit Bottomed Mama Read Kim ’ top tips comes nutrition new moms ’ pregnant everyone loves remind baby lift fork “ ’ eating two ” “ Watch mercury tuna — ’ eating two. ” even weird cravings cheap burritos chocolate croissants likely made really smart choices helped body grow happy healthy baby Good job Mama comes post-partum period though friendly voices seem fade lot conflicting messages body needs look like fueling First manage three meals snack two haze no-sleep newborn days pat back “ Taking enough calories eating regular schedule important new moms ” says Shivani Patel M.D. maternal-fetal medicine specialist assistant professor obstetrics gynecology UT Southwestern Medical Center Dallas Texas “ body needs nourishment keep daily activities repair heal delivery. ” post-partum period time go strict diet Let ’ look sentence ’ important one matter many extra pounds think ’ carrying delivery new mom needs eat Skimping food slow hormonal shift allows metabolism energy-storage processes get back ’ s-no-baby-in-here state ’ breastfeeding eating enough sabotage milk supply — yep ’ still eating two Research shows lactating women need take 500 extra calories per day support breast milk production “ moms ideal range 1,800 2,200 daily calories ” says Dr. Patel “ good portion calories need provide protein ”