

BEST DIET FOR NURSING MOMS



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Breastfeeding Diet: The Best Foods For Nursing Mothers Folic Acid. This mineral is crucial for preventing birth defects early in pregnancy, Multivitamins. Speaking of folic acid, make sure you take a daily women's multivitamin Calcium. If you don't fill up on this mineral must, your body

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The best diet for breastfeeding is one that is in tune with your body! Listen to your body when it demands food and eat accordingly. There's no fixed number of how many extra calories a nursing mother requires, but it's about 500 calories more than usual.

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