

Food Pyramid for Breastfeeding Moms

The food pyramid plan below should help you ensure that you are getting adequate amounts of nutrition. These amounts are for an average breastfeeding woman. You may need more or less than the average.

Check with your doctor to make sure you are losing the weight you gained during pregnancy.

Food Group	Breastfeeding only	Breastfeeding plus formula	What counts as 1 cup or 1 ounce?	Remember to...
Eat this amount from each group daily.*				
Fruits	2 cups	2 cups	1 cup fruit or juice ½ cup dried fruit	Focus on fruits - Eat a variety of fruits.
Vegetables	3 cups	3 cups	1 cup raw or cooked vegetables or juice 2 cups raw leafy vegetables	Vary your veggies—Eat more dark-green and orange vegetables and cooked dry beans
Grains	8 ounces	7 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal	Make half your grains whole—Choose whole instead of refined grains
Meat & Beans	6½ ounces	6 ounces	1 ounce lean meat, poultry, or fish ¼ cup cooked dry beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter	Go lean with protein—Choose low-fat or lean meats and poultry.
Milk	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces cheese 2 ounces processed cheese	Get your calcium-rich foods—Go low-fat or fat-free when you choose milk, yogurt, and cheese

Source: U.S. Department of Agriculture