

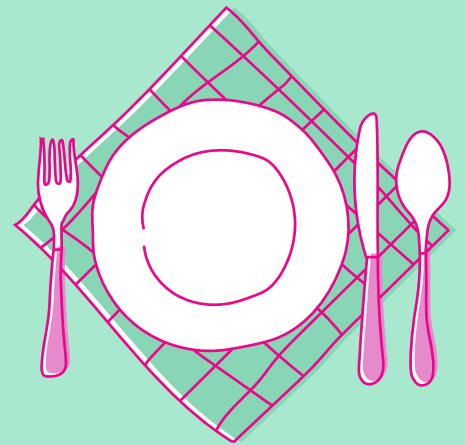
HEALTHY MAMA, HEALTHY BABY

Nutritional recommendations of breastfeeding mamas and babies

HOW MANY ADDED CALORIES DO I NEED?

+450-500 CAL

Breastfeeding mamas should eat an additional 450-500 calories per day when breastfeeding. (A total of 2300-2500 calories)-



RECOMMENDATIONS FOR HEALTHY FOOD OPTIONS?

PROTEIN



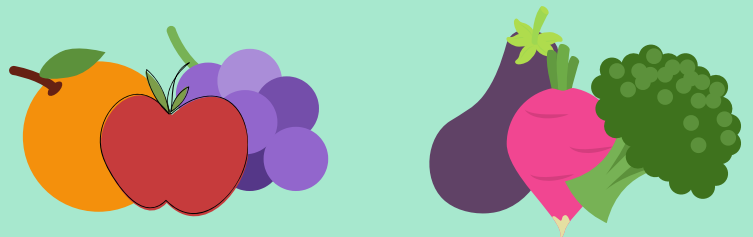
2-3X PER DAY

Great sources of protein include: Meat, poultry, eggs, dairy, nuts, beans, and seeds.

2 SERVINGS OF FRUIT & 3 SERVINGS OF VEGGIES

Your baby will love the different fruits and vegetables as they change the taste and color of your breastmilk.

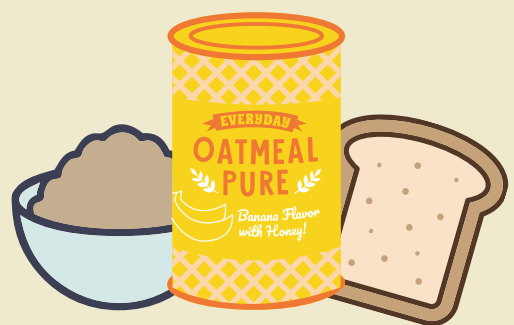
FRUIT AND VEGGIES



WHOLE GRAINS

Whole grains include: brown rice, oatmeal, popcorn, buckwheat, and many other choices!

ONE SERVING



HOW DO INCORPORATE THESE OPTIONS?

Consider either adding a couple of nutrient-rich snacks to your daily meals or focusing on adding additional foods to the already planned meals.

