Good Nutrition For Breastfeeding Mothers

Food Group:	Amount Each Day:	One Serving Is:
Milk and Milk Products *Under 18 years of age	4 servings *5-6 servings	1 cup milk, 1 oz. swiss cheese, 1 ½ oz. other natural cheese, 2 oz. cheese food or cheese spread, 1 1'2 cups cottage cheese, ½ cup ricotta cheese, 1 cup pudding, 1 cup yogurt
Protein Foods	3 servings	2-3 oz. of cooked lean meat, fish or poultry, 2-3 eggs, 2-3 ounces natural cheese, ½- ¾ cup cottage or ricotta cheese, 1 cup dried beans/peas, 4 tablespoons peanut butter, or ¼- ½ cup nuts or seeds
Breads, Cereals, Rice, and Pasta	6 or more servings	1 slice bread, ½ bagel, English muffin, or sandwich roll, ½ cup cooked or ¾ cup ready to eat cereal, ½ cup rice, macaroni, noodles or other pasta, 4-6 saltine or whole grain crackers (select whole grain or fortified bread and cereals)
Vegetables	3 or more servings	1/2 cup of chopped raw or cooked vegetables, 1 cup leafy raw vegetables *Choose at least one high Vitamin A food from list below
Fruits	2 or more servings	½ cup of fruit or melon wedge, ¾ cup juice, ½ cup canned fruit, or ¼ cup dried fruit *Choose at least one high Vitamin C food from list below
Fats and Sweets		These foods provide mostly empty calories. Use sparingly.

Good Sources of Vitamin C:

- Papaya, Mango, Kiwi, Cantalope, Citrus Fruit, Broccoli, Strawberries, Green Pepper

Good Sources of Vitamin A:

- Greens, Spinach, Broccoli, Winter Squash, Sweet Potatoes, Liver, Pumpkin, Carrots, Cantalope, Apricots, Nectarines

** Continue to take your prenatal vitamins as prescribed by your physician