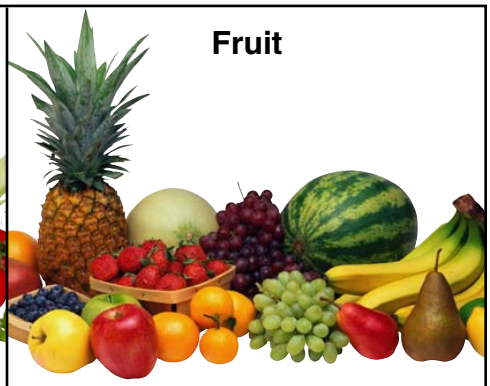
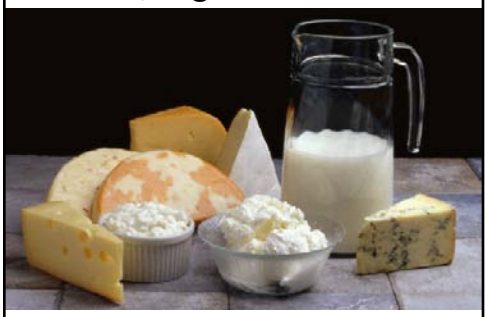
Nutrition While Breastfeeding

Your body needs fuel to make breastmilk, so eat your fill of a variety of foods. Breastfeeding isn't an excuse to eat and drink everything you want, but it's not a reason to avoid favorite foods either. When choosing foods, use the nutrition chart below as a guide.

REMEMBER: Alcohol, cigarettes and drugs also affect your breastmilk and your baby.

Bread, Cereal, Rice & Pasta	Vegetables	Fruit
		
Eat 6 - 7 servings per day	Eat 3 - 5 servings per day	Eat 2 - 4 servings per day
Milk, Yogurt & Cheese	**Meat, Poultry, Fish, Dry Beans, Eggs & Nuts**	**Fats, Oils & Sweets**
		
Eat 2 - 3 servings per day	Eat 5 - 7 servings per day	Use sparingly

What's Good for You

- Drink 8 ounces of liquid, such as water or diluted juice, every time you feed the baby.
  Your body needs this fluid to make milk.
- Be sure to eat breads, leafy vegetables, and fruits, as well as milk products, meats, and fish.
- Snack on fruit or low-fat dairy products if you're hungry between meals.
- If your health care provider recommends it, keep taking prenatal vitamins.

What's Not

- Some foods are best eaten in limited quantities.
  Those high in saturated fats, such as butter and bacon, fall into this category.
- Be aware that what enters your body passes into your breastmilk.
  Limit caffeine—which is not just in coffee but is also in cola, tea, and chocolate.
- Don't take medications of any type, unless your doctor says it's okay. This includes aspirin.

Online Source: National Women's Health Information Center http://www.4woman.gov/editor/sep04/sep04.htm
Online Source: La Leche League International http://www.lalecheleague.org/NB/NBMarApr04p44.html

Conemaugh
Memorial Medical Center