

Breast Feeding your Baby



Breast-feeding supports short and long-term health for both mother and baby. When mothers are adequately nourished, their breast milk contains all the nutrients needed to support the growth and health of their baby.



Breast milk contains nutrients that builds the baby's immune system and aids in brain development.

- Immune-supporting nutrients
- Anti-inflammatory nutrients
- Anti-microbial substances

Breast milk decreases the risk of illness, disease, and infection:

- Ear infections
- Obesity
- Respiratory tract infections
- Stomach viruses
- Sudden infant death syndrome (SIDS)
- Type 2 diabetes

Staying Nourished



These are some recommendations for mothers to produce a sufficient supply of breast milk:

Calories

- About 500 calories per day above her regular needs
- Gaining the recommended amount of weight during pregnancy can help provide energy

Protein

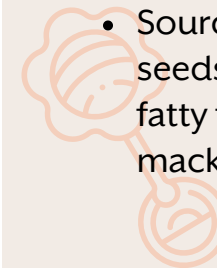
- About 71 grams per day

Carbohydrates

- About 210 grams per day

Omega-3s

- **Important for baby's brain development**
- Sources: flaxseeds/oil, chia seeds, walnuts, canola oil, and fatty fish (sardines, salmon, mackerel, etc.)



Vitamins & Minerals for Expecting Mothers

Vitamin B9 - Folate

- Dark leafy greens, nuts & seeds, citrus fruits & juices, legumes, eggs, fortified grains

Vitamin B1 - Thiamin

- Legumes, fortified cereals, yogurt, beans, fish, enriched bread, noodles & rice

Vitamin A

- Liver, dairy, sweet potato, spinach, carrots, squashes, peppers, cantaloupe

Vitamin C

- Bell peppers, citrus fruits, strawberries, tomatoes, cantaloupe, broccoli, potatoes

Vitamin D

- Fatty fish, cod liver oil, egg yolks, mushrooms, fortified milks, cereals & oats

Iron

- Shellfish, red meat, fish, dark leafy greens, dark chocolate, nuts & seeds, legumes, tofu

Zinc

- Red meat, shellfish, legumes, nuts & seeds, dairy, eggs, whole grains, dark chocolate

Calcium

- Dairy, winter squash, canned fish with bones, almonds, leafy greens

Magnesium

- Nuts & seeds, legumes, whole grains, fatty fish, dark chocolate, dark leafy greens

Simple Snack and Meal Ideas

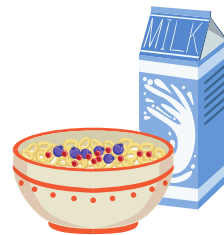


Yogurt or Oat Bowls

Top with honey, berries, nuts or granola

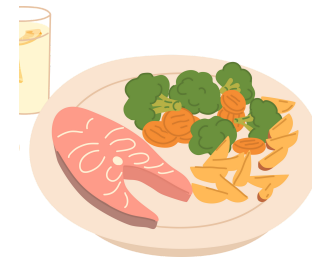
Fruit Smoothies

Add spinach or kale for more nutrients!



Cereal & Milk

Add slices of bananas or berries



Fish with broccoli, carrots & potatoes

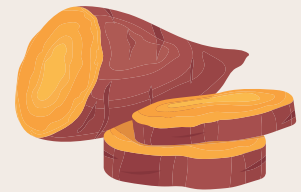


Meat with mushrooms, spinach, & potatoes

Baked Sweet Potato Fries

Ingredients:

- 1 sweet potato, cut into 1/2 inch sticks
- 1 Tbsp olive oil
- 1/8 tsp onion powder
- 1/8 tsp garlic powder
- 1/8 tsp paprika
- 1/8 tsp salt
- 1/8 tsp pepper



Directions:

1. Preheat oven to 450 F.
2. In a bowl, add the sweet potato, oil, spices, salt and pepper and toss until sweet potatoes are evenly coated.
3. Spray a baking sheet with vegetable oil and place the coated sweet potato onto it.
4. Bake for 10-15 minutes on each side, or until golden and crispy.
5. Serve and enjoy!