



# Tips for Breastfeeding Moms

Making healthy food choices and getting regular physical activity will keep you healthy while you breastfeed.

## What's on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup, bowl, or glass. Throughout the day, include foods from all food groups: vegetables, fruits, whole grains, fat-free or low-fat dairy products, and lean proteins.

## Making Healthy Food Choices

- **Make half your plate fruits and vegetables.**  
Choose a variety, including dark green, red, and orange vegetables, and beans and peas.
- **Make half of your grains whole grains.**  
Choose whole grains in place of refined grains, such as whole grain bread, brown rice, and oatmeal.
- **Switch to fat-free or 1% low-fat milk.**  
Choose fat-free or low-fat dairy products such as milk, yogurt, cheese, or fortified soy beverages.
- **Vary your protein food choices.**  
Choose seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- **Use oils to replace solid fats where possible.**  
Choose oils such as olive, canola, or vegetable oil over butter, margarine, or shortening.
- **Make choices that are low in "empty calories."**  
Choose items that are low in "empty calories." These are the calories from added sugars and solid fats in foods like soft drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low-fat, fat-free, unsweetened, or with no added sugars. They have fewer or no empty calories.



## Breastmilk: Your Baby's First Food

Doctors recommend feeding only breastmilk for the first 6 months. Continue breastfeeding, in addition to feeding solid foods, until your baby is at least 1 year old or older.

- Breastfeeding helps form a special bond with your baby.
- Breastmilk helps protect your baby from illness
- Breastfeeding is also good for you. It lowers your risk for some cancers and type 2 diabetes.

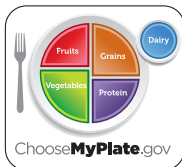
## What About Alcohol?

Alcohol (beer, wine, liquor) passes easily in breastmilk, and even small amounts can affect your ability to care for your baby. If you choose to drink alcohol, limit intake to one or two drinks a week and wait at least two hours after you drink to breastfeed.



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# Daily Food Plan

The Plan shows different amounts of food based on how much of your baby's diet is breastmilk. Moms who feed only breastmilk to their baby need slightly more food. This is a general plan. You may need more or less food.\*

Food Group	Eat this amount from each group daily*	What counts as 1 cup or 1 ounce?
<b>Vegetables</b>	<b>2½ - 3 cups</b>	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
<b>Fruits</b>	<b>2 cups</b>	1 cup fruit or 100% juice ½ cup dried fruit
<b>Grains</b>	<b>6 - 8 ounces</b>	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
<b>Dairy</b>	<b>3 cups</b>	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese
<b>Protein Foods</b>	<b>5½ - 6½ ounces</b>	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter

\*To help lose weight gained in pregnancy, you may need to decrease the amount of empty calories you are eating.

Get your MyPlate Plan designed just for you.  
Go to <https://www.choosemyplate.gov/resources/MyPlatePlan>

## Being Physically Active

Unless your doctor advises you not to be physically active, include 2½ hours of physical activity each week such as brisk walking, dancing, or swimming.

Activities can be done for at least 10 minutes at a time and preferably spread throughout the week.

## Also...

### You may notice that you are thirstier than usual.

Drink enough water and other fluids to quench your thirst. Your fluid needs increase while you are breastfeeding.

### Seafood can be part of a healthy diet.

Omega-3 fats in seafood can have important health benefits for you and your baby. Salmon, sardines, and trout are some choices that are higher in omega-3 fats and lower in contaminants like mercury.

- Eat at least 8 and up to 12 ounces of a variety of seafood each week from choices that are lower in mercury.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Avoid tilefish, shark, swordfish, and king mackerel since they are highest in mercury.

Learn about other nutrition assistance programs: <http://www.benefits.gov/>  
Based on the Dietary Guidelines for Americans and <http://www.fns.usda.gov/wic/guidance>