

Perinatal Nutrition Info

How you decide to feed your baby is your personal decision.

This guide is tailored to the mom who is partially or fully breastfeeding. *Fed is always the best feeding method!* If you have any questions or concerns, consult with a registered dietitian. Montefiore associates can set up a free nutrition consultation by emailing WellnessRD@montefiore.org.



The Mothers Energy

- Breastfeeding is hard work, for the first 6 months you will need 500-600 extra calories. (1)
- Here are 300 calorie snacks to enjoy throughout the day. (2)



- 1 slice of whole grain toast with 1 1/2 Tbsp of almond butter with a banana and strawberries
- 1/2 cup guacamole with 1 oz of baked tortilla chips.
- 1/2 cup of trail mix (nuts, seeds and dried fruits).

Weight loss Reality

- It took 10 months for your body to develop a baby. Be patient and give your body time to recover, everyone is different. (6)
- Eat slowly and mindfully. Try not putting more food on your fork until you've finished the last mouthful, as this will give you time to feel full. (6)
- Don't forget to add exercise once approved by your doctor.

Daily Food Reference

Based on preferred feeding method (4)

Food group Breastfeeding only Breastfeeding + formula Formula only			
Fruits	2 portions	2 portions	2 portions
Vegetables	3 portions	2.5 cups	2.5 cups
Grains	2 portions	1.5 portions	1.5 portions
Protein Foods	3 portions	2 portions	2 portions
Dairy	3 portions	3 portions	3 portions

What is in a portion?

- **Fruit:** 1 cup fruit or 100% fruit juice
- **Dairy:** 1 cup of milk or 1 cup of yogurt
- **Protein:** 2 eggs or 1/2 cup of cooked beans
- **Vegetables:** 1 cup of raw or cooked vegetables
- **Grains:** 1 cup of oatmeal or brown rice

Vitamins

- It is recommended to continue take a prenatal vitamin while breastfeeding. (3)
- Whole foods and a balanced diet is the best way to get adequate nutrients.

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Hydration is Key

- 16 cups of fluids a day help with milk supply. (5)
- Fluids in fruits and vegetables do count.
- Best choices: water, seltzer, low fat milk or 100% fruit or vegetable juice.



Did you know? The feeling of hunger can sometimes be thirst.

Pro tip: Try carrying a water bottle around and set consumption goals.



For Plant-Based Moms

Supplementation of some key nutrients may be needed to ensure adequate intake to meet nutrient requirements for both mom and baby, in addition to standard prenatal vitamin:

- **Protein:** Dried beans and lentils, soy products, nuts and nut butters, eggs and whole grain breads. (2)
- **Omega 3 Fatty Acids:** Eggs and fortified foods. (2)
- **Vitamin B-12:** Fortified cereals, fortified soy milk and other plant milk products, nutritional yeast, and dairy products. (2)
- **Calcium:** Fortified soy milk and plant milks, dairy products, dark green vegetables such as broccoli, kale, turnip greens, bok choy. (2)
- **Vitamin D:** Sunlight and fortified foods. (2)

Suggestions

- Limit caffeine intake to <300 milligrams, which is ~3, 8 oz coffees. (7)
- Limit alcohol to 1-2 drinks per week. (7)
- Wait about 2 hours having consuming alcohol to breastfeed again. (7)



References:

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2. RDN Resources for Consumers: Vegetarian Diets During Lactation. <https://vegetariannutrition.net/docs/Lactation-Vegetarian-Nutrition.pdf>. Accessed January 9, 2020.
3. Postpartum Diet and Exercise. Parenthelp123. <https://www.parenthelp123.org/pregnancy/after-pregnancy/postpartum-nutrition>. Accessed January 9, 2020.
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6. Diet and weight loss while breastfeeding. Australian Breastfeeding Association. <https://www.breastfeeding.asn.au/bf-info/common-concerns-mum/diet>. Published August 1, 2017. Accessed January 9, 2020.
7. Medela. Is It Safe? Caffeine & Alcohol While Breastfeeding. Medela. <https://www.medelabreastfeedingus.com/article/211/is-it-safe-caffeine-&-alcohol-while-breastfeeding>. Accessed January 9, 2020.
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Lactation Cookies Recipe

Galactagogues: Foods that can increase milk supply, such as oats, brewers yeast, garlic and sesame seeds. Try this cookie recipe that is full of galactagogues.

Ingredients

- 3 cups old fashioned rolled oats
- 1 1/2 cups unbleached organic all purpose flour
- 5 tbsp brewers yeast
- 3 tbsp ground flaxseed
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 3/4 cup unsalted butter
- 4 tbsp coconut oil
- 1 1/2 cups cane sugar
- 1 large egg + 1 large egg yolk
- 2 tsp vanilla extract
- 1 1/2 cups dark chocolate



Instructions

1. Preheat the oven the 350 degrees F.
2. In a large bowl, whisk together the oats, flour, yeast, flaxseed, baking powder, soda, cinnamon and salt.
3. Beat the butter and coconut oil until creamy. Add in the sugar and beat until fluffy, about 4-5 minutes. Add in the egg and egg yolk, beating until combined, about 2-3 minutes. Add in the vanilla extract and beat until combined. Gradually add in the dry ingredients, beat until just combined. Stir in the chocolate chips until they are evenly dispersed.
4. Scoop into 1-inch rounds and place on a baking sheet ~2 in apart. Bake 10-14 minutes, or until the bottoms are just golden.

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