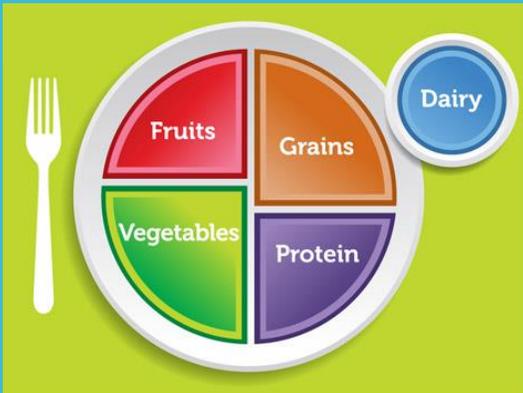


Maternal Nutrition and Breastfeeding

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Diet



- Mothers DO NOT need to be on a special diet while breastfeeding
- Promote a well-balanced diet and enough liquids
- Strict weight-loss programs are not recommended
- Health care providers may recommend mother continuing taking daily prenatal vitamin

Fluids



- Body may need extra liquids after delivery as body sheds excess fluid accumulated during pregnancy
- Drink based on your thirst needs
- Drink plenty of liquids, such as water or milk
- Limit caffeine intake
- Not necessary to force fluids beyond thirst
- Tip: Keep a glass near your favorite breastfeeding spot

Calories



NOT EVIL,
JUST HUNGRY

- A variety of healthy foods to get the calories, vitamins and minerals
- A minimum of 1,800-2,000 calories a day, with an optimal intake of an extra 500 calories
- Eat foods with **HIGH** nutritional value, such as fruits, vegetables, whole grains, low-fat protein/dairy
- Listen to hunger cues

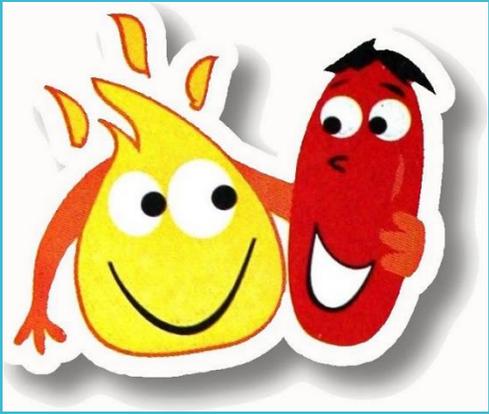
Other Diet Considerations while Breastfeeding:

Variety



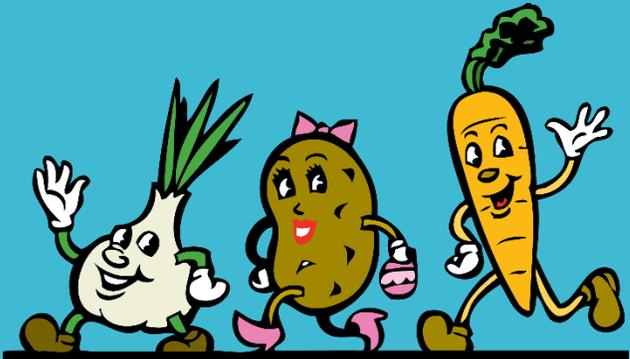
- Breast Milk introduces new flavors to newborns
- Babies benefit from a variety of vitamins, minerals and flavors
- Spices, herbs, and natural flavors from foods like onions and garlic can give breast milk a distinct taste
- May reduce picky eating as the child gets older

Spicy or “Gassy” Foods



- Common in diets of many cultures
- These foods do not bother most babies
- **No certain foods create problems for ALL babies**
- Unless mother notices that baby reacts within 6 hours of every time she eats a certain food, she does not need to avoid any particular foods

Vegetarian Diets



- Milk of vegetarians is usually as nutritionally appropriate as other mothers
- Many vegetarians may need supplementary Vitamin D, Iron and Calcium during lactation
- Women eating vegan may be deficient in Vitamin B12
- Should speak with Nutritionist and Doctor

Seafood



- The FDA recommends nursing mothers should limit intake:
- Shark
- Swordfish
- King Mackerel
- Tilefish
- Due to High Mercury Content

Coffee, Tea, Sodas



- Limit drinking to two 8-oz. servings per day
- Caffeine may make baby jittery, irritable or have difficulty sleeping
- Drink caffeinated beverages with food and not too fast
- Stay away from energy drinks

Alcohol



- Best to limit drinking alcoholic beverages while breastfeeding or pumping milk
- The occasional beverage is OK
- Alcohol passes into and back out of the breast milk at about the same rate it enters and leave the bloodstream
- If alcohol beverage is consumed, breastfeed before hand and allow 2-4 hours afterwards, per beverage consumed
- If intoxicated, pumping and dumping may be necessary to maintain milk supply

Smoking or Tobacco Use



- It is **best** to avoid tobacco use when breastfeeding or pumping
- Benefits of breastfeeding **outweigh** the risks of limited tobacco use
- Nicotine can pass into the milk
- Tobacco use may cause a baby to have a more rapid heartbeat, be restless, jittery or vomiting/diarrhea
- Babies should not be exposed to secondhand smoke, risk for SIDS
- Tobacco use can interfere with milk let-down and reduce milk production
- If mother wants to continue to smoke, tell her to smoke immediately after breastfeeding and wait 2-3 hours to breastfeed again

Marijuana Use



- THC can be excreted into breastmilk in small quantities
- Exposure to THC may delay the breastfed infant's motor development
- Appears to not adversely affect duration of lactation
- May cause infants to have a positive urine test, causing legal implications
- Marijuana use should be minimized or avoided by nursing mothers because it may impair their judgement and childcare abilities

Takeaways

- No specific foods will harm the baby
- Variety is key
- Eat and drink based on body cues
- Limit alcohol, tobacco, drug consumption

References

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