

# nutrition needs : new moms



The need for a balanced and varied diet continues after you give birth.

Whether you are nursing or feeding your baby formula – your body and your baby still need good nutrition!



## mothers giving breastmilk

Continue a healthy diet with variety from all food groups:



### HEALTHY FATS

for baby's eye and brain development



### FRUITS & VEGGIES

for vitamins, minerals, and fiber



### DAIRY

for protein, calcium, Vitamin D, and fats



### WHOLE GRAINS

for vitamins, minerals, energy, and fiber



### PROTEIN

for breastmilk production and recovery



**B vitamins** – for baby's energy, blood cells, nerves, hormones, and DNA

**Starches/grains** – fortified cereals, bread, rice, potatoes (with skin)

**Animal proteins** – chicken, turkey, beef, fish, salmon, shellfish, milk

**Vegetarian proteins** – walnuts, sunflower seeds, beans, lentils

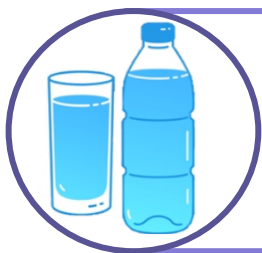
**Fruits/vegetables** – bananas, prunes, cantaloupe, broccoli, asparagus

**Vitamin D** – even with a varied diet, Vitamin D is still low in breastmilk

Eat extra – dairy, salmon, tuna, mackerel, eggs, kale, okra, collards

All breastfed babies should receive extra Vitamin D supplementation

Talk to their health care provider or dietitian for recommendations.



**Hydration** – moms need extra fluids while breastfeeding

Breastmilk is 87% water – so moms need to drink more!

Fluid needs increase to **16 cups of fluid daily (3.7 liters)**

**Prioritize water**, but milk, coffee, tea, juice, and seltzer all count.

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Extra considerations when breastfeeding or providing breastmilk:



**Caffeine** is transferred in your breastmilk and may keep your baby awake or fussy.  
**Limit** to only 1-2 cups daily.

**Alcohol** passes to your milk, can harm your baby, and can decrease milk production. **TALK to your doctor** about what is safe for you.



**DO NOT USE: drugs and marijuana** which pass into your milk and harm your baby's brain development  
**TALK to your health care provider about: smoking and medication** to discuss the safety risks of smoking and any medications side effects



## mothers feeding with a bottle

If you are providing breastmilk or formula in a bottle this can allow other family members and friends to help you care for your baby when it is time to feed.

Follow your baby's hunger cues when they:

- open their mouth or stick out their tongue
- bring their hands to their mouth
- move their arms and legs as if crawling
- make sucking movements or noises



## new mom : self-care

If you have negative thoughts, feelings, or sadness, **contact your health care provider** for additional support.

### exercise and emotional support

low-impact exercise like walking and stretching can help relieve stress and boost your emotions. Use time on a walk to talk about your feelings or worries with people you trust.



### baby bonding

skin-to-skin contact helps babies to transition to life outside the womb. Build a bond with your baby by smiling at them, talking or singing to them, and responding to their cues with comfort.



### sleep

lack of sleep causes stress and anxiety. Rest when your baby is sleeping during the day. Ask friends or family for support overnight so you can get some extra sleep.



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