

BREASTFEEDING101.COM

Worried about having a good milk supply and having enough energy to care for your baby?

**We've got you back, mama!
Welcome to your Breastfeeding Journey.**

Good nutrition means everything to have a healthy milk supply but also to family life in general.

We hope you enjoy this Breastfeeding Diet Guide!

Nutrition for Breastfeeding

What **guiding principles** really make a difference when it comes to healthy and balanced nutrition?

Is it just a matter of eating more?

It's not necessarily a quantity issue, but a **quality** one. Focus on **healthy fats, fiber, omega-3 fats** and **micro nutrients** to boost back your strength and gain energy.

Increase your milk supply and enrich your breastmilk

By eatin **wholesome, fresh** and **nutrient dense** food you're making sure your baby will also benefit from it!

Included in this Guide! ◦ Yummy, simple and healthy recipes



**How does the inside
of a mom's head and
thoughts look like?**



You might be wondering...

What should I eat when I'm pregnant?

What foods does a Postpartum body need to recover and gain back its energy and strength?

Why am I constantly starving and insatiably thirsty?

What should I eat if I'm breastfeeding?

What should I eat to boost my milk supply?


How does what I eat and don't eat impact my baby's general health?

How does my body change once I stop breastfeeding?

What will my diet look like if I'm not breastfeeding and decide to bottle feed?

Does age matter when it comes to diet and motherhood?

How can I introduce new healthy nutrition habits for me and my whole family in the long term?



This guide will mainly focus on your **breastfeeding life stage** since producing breast milk places HUGE demands on your body. Your nutrient needs are higher while breastfeeding than during pregnancy.

You are no longer breastfeeding? Don't worry! We'll also dive into general aspects of nutrition, giving you all the tools and hacks while also helping you breastfeed with confidence and solid nutrition. You've got this!

This guide includes tons of yummy recipes for pre and postpartum, including hacks while you breastfeed and after introducing solids to you baby. We hope you enjoy learning what you can do to boost your body and have the best breastfeeding nutrition.

**let's
get started**

Introduction

The good news is that good and balanced nutrition looks pretty similar during breastfeeding and postpartum, you just need to focus on increasing a few foods.

While there are some foods to be aware of during pregnancy since you want to be extra careful and take the least amount of risks possible while your baby is still growing inside of you, once your little one is out you can relax and just be mindful of your baby's reaction to certain foods you eat - at least until you stop breastfeeding completely.

Many women know about the importance of getting the right nutrition during pregnancy. Few women understand how critical it is to address your body's postnatal nutritional needs.

The reality is that the way you care for your postpartum body will impact your health for the rest of your life. You are the heart of your home, and the better you are the better your family can be.

Our Mission is to help moms feel their best so they can better enjoy early motherhood.

We know you want the best for your little one. You know that means giving your baby the best of you. In early motherhood, sometimes we might not feel at our best: everything is new and you might feel clumsy, overwhelmed or even scared.

It's all normal and it's all ok. There's room for all the feels - and it's likely you will feel them all. Don't be surprised to see your emotions swing unpredictably back and forth. Grant yourself grace to go with it. You were made for this!

However, what every new mom quickly learns is that you are not yet separate entities. If you're breastfeeding: that's like 3 full-time jobs. Even if you're not bringing your baby to breast every hour, that newborn still wants to be snuggled close and rocked 24/7.

We'll repeat it again and again: don't go through it alone. Recruit help so you can focus on nourishing yourself and baby during this critical time.

A well balanced and whole-food based nutrition means everything for a healthy milk supply but also to health in general.

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*Not only while breastfeeding.





1. Guiding Principles

Apply to all life stages and not only while breastfeeding.



Why is good nutrition important?

Not only when having a baby

Good nutrition means your body gets all the nutrients, vitamins, and minerals it needs to work its best. Plan your meals and snacks to include nutrient-dense foods that are also low in calories. A healthy diet throughout life promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.



Good nutrition from the start!

Babies and toddlers need foods from all five healthy food groups – vegetables, fruit, grain foods, dairy and protein.

A sufficient intake of healthy foods and drinks provides the energy and nutrients needed to grow.

Proper nutrition aids brain development and learning.

It's important to limit salty, fatty and sugary foods, low-fiber foods, and drinks with caffeine or a lot of sugar not only for your little one but also for you!

YOUR NEW SUPPLEMENT ROUTINE

All-in-one, complete postnatal vitamin, and lactation supplement.



A comprehensive postnatal vitamin to boost lactation and whole-body health.

Designed to help **increase and enrich your milk supply** while also helping you **replete your nutrient stores** after pregnancy.

An ultra-nourishing blend of:

- Bioavailable vitamins & minerals (complete postnatal vitamin).
- Vegan protein.
- Greens and phytonutrients.
- Galactagogue herbs to support your supply.
- Digestive enzymes and probiotics for enhanced nutrient absorption.
- Our Nourishing Lactation Powder will help you fight postnatal depletion, get the energy you need, and help you produce the most nutritious milk for your baby!

Add it to your daily smoothie and join the 1000's of mamas that love it!

Is this product for me?

Take our quiz to find out what Majka products are right for you!

<https://lovemajka.com/pages/majka-quiz>

#fuelingmotherhood





2. Nutrition For Breastfeeding

Just remember to eat!

When breastfeeding, make sure to add and eat more of specific food groups:

PROTEIN



FISH + SHELLFISH

CHICKEN, BEEF, LAMB + PORK
(grass-fed or organic)

EGGS
(look for pastured, organic or omega-3 enriched)

DAIRY
(Greek yogurt, cottage cheese, kefir)

TOFU, TEMPEH + EDAMAME

BEANS + LEGUMES*
*Note that beans are also listed in the carbs section. If you're a vegetarian, beans become a primary source of protein. If you eat meat or fish, consider beans your carbs with protein benefits.

FATS



NUTS, SEEDS + NUT BUTTERS

AVOCADO + AVOCADO OIL

EXTRA VIRGIN OLIVE OIL + OLIVES

COCONUT + COCONUT OIL

100% GRASS FED BUTTER + CREAM

CARBS



WHOLE GRAINS
(bananas, apples, pears, etc. - ideally organic)

MILK, YOGURT, KEFIR
(grass-fed or organic)

WHOLE FRUIT
(bananas, apples, pears, etc. - ideally organic)

WINTER SQUASHES
(like pumpkin, butternut or acorn)

STARCHY VEGETABLES
(corn, peas, potatoes, sweet potatoes)

BEANS & LEGUMES
(lentils, garbanzos, black beans, etc.)

DID YOU KNOW? Your baby can taste the flavors of the food you eat in your breastmilk. Packing in the veggies now may just save you a headache down the line when trying to convince your two-year-old to eat broccoli.



Proper calorie intake and hydration

As a nursing mother, you should consider adding **around 400 extra calories** to your diet, so if you were looking to try on a new diet or lose weight, waiting is probably the best idea since your baby, as well as your milk supply, could be affected by the loss of mass; some of the extra weight left from your pregnancy will be reduced during the lactation period, as it will naturally be used for generating your milk supply. When your baby is around 6 months old and starts eating solids, then you can start reducing the **number of calories in your diet** again, as you will be producing less and less milk.

Water is key for a **healthy breastfeeding diet**, so try to drink enough liquids whenever you're thirsty, which will probably be often if you are breastfeeding. Hydration, especially in the weeks after birth, will help your body recover and will help you avoid issues like urinary tract infections, constipation, and fatigue.

As long as you are getting all the nutrition your body needs –carbohydrates, protein, fats, vitamins and minerals – you should be fine. When making your grocery list, make sure to add plenty of **fruit and vegetables**, as well as **whole grains** such as oats, brown rice, and cereals; these ingredients complemented with **starchy foods** like potatoes, pasta and couscous are an important source of energy.

Breastmilk is a super food, no matter what you eat. No stress!

All of this said, once you and babe have the hang of it, and you have brain space to dive in deeper, you can enhance the nutritional density of breast-milk. Specifically, the more vitamins A, D, B1-3, B6, B12, choline, fatty acids (think DHA), and trace minerals like selenium and zinc, that you eat, the higher the concentration of these nutrients coming out of your boobs ;)

What to eat?

Optimal nutrition for breastfeeding is a lot like eating while pregnant, with a focus on real, nutrient-dense foods. To follow are a few specific food groups and nutrients to focus on during lactation.

- ~ **MORE PLANTS**
Enjoy all the beautiful colors. This means the more colorful fruits & veggies on your plate, the better.
- ~ **INCLUSIVITY**
Enjoy abundant diversity. Each food group provides unique nutrients for you and your baby to thrive. We don't prescribe cutting out entire groups of foods, like carbs or dairy. Instead, we encourage variety.
- ~ **NUTRIENT DENSE**
Focus on Quality over Quantity. Choose nutrient dense foods that pack the biggest bang for your buck, providing the most nutrients in each bite.
- ~ **REAL FOOD**
No vitamin can surpass food. Whether wheat or steak, the best foods are those found in the least processed form. We encourage whole, real foods as much as possible, while preserving your sanity.
- ~ **FATS AND PROTEINS**
Protein makes strong mamas + babies. When you're too occupied with changing diapers and sleep training to focus on feeding yourself, high-fat and protein foods give you the stamina you need.
- ~ **SLEEP**
Get as much sleep as possible, drink water (a lot of it), remember to eat something every 3 hours.



3. Carbs

What exactly is a carb?

In addition to complex vs simple, we need to clear the air about what foods count as carbs. Most people know that bread, pasta and cookies are carbs. What they don't realize is that dairy, like yogurt and milk, are mostly carbohydrate, as are beans, fruits and starchy vegetables like squash, peas and corn. Here is the list of complex carbs to choose from when planning your meals.

Carb break down:

- Proteins
- Simple Carbs
- Complex Carbs
- Healthy Fats

CHOOSE THESE CARBS

Whole Grains:	Quinoa, brown rice, wheat berries, millet, etc.
Milk, Yogurt, Kefir:	Grass-fed or organic
Whole Fruit:	Bananas, apples, pears, etc. - ideally organic
Winter Squashes:	Like pumpkin, butternut or acorn
Starchy Vegetables:	Corn, peas, potatoes, sweet potatoes
Beans & Legumes:	Lentils, garbanzos, black beans, etc.



HOW TO ENJOY

Sweet potato and corn salad

Lentils, garbanzos, black beans, etc.

Veggie fried rice

Fried rice with avocado, crumbed feta, coriander and fresh lime.

Oaty apple muffins

Pumpkin seeds and chia seeds add the super in these healthy muffins. Freeze and pack into lunch boxes for healthy, eat-later snacks.

Lemon and oregano bulgur pilaf

Bulgur is a faster, healthier alternative to rice in this tasty pilaf.



4. Fiber

Fiber slows down rises in blood sugar

This means your mood, energy and metabolism stay steady. If you remember, this is one reason why we are such fans of complex carbs – the fiber has not been processed out.

Fiber fuels intestinal bacteria

Although one of our favorite topics, we'll skip an in-depth discussion of gut-bugs in the program and suffice it to say, these microscopic bacteria are the seed of health. Fiber, also known as a 'prebiotic', is the food that keeps your gut microbiome thriving.

Fiber relieves constipation

Let's face it, your bowel habits might not be the same after having a baby. Eating ample fiber is going to help keep you regular and prevent you from any painful straining while our body heals.



HOW TO ENJOY

Sweet potato and corn salad

Lentils, garbanzos, black beans, etc.

Veggie fried rice

Fried rice with avocado, crumbed feta, coriander and fresh lime.

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5. Healthy Fats

Concerned about losing the baby weight?

Know that eating healthy fats can actually help with weight control. Fats taste good and they're satisfying, preventing hunger attacks and over-eating later in the day.

What happens if you don't eat enough fat?

Hormone imbalances

All your womanly parts need enough fat. If your body does not have enough energy stores, it won't want to share what little you have and breast milk supply can suffer.

You feel tired, sluggish and scatter-brained

Your brain is nearly 60% fat tissue. Without this essential nutrient, your brain loses its ability to think straight and to motivate - like mama-brain times ten.

Your skin and hair get brittle and dry

Think broken nails and wrinkles. Enough said.

Nutrient depletion

Fat is required for absorption of vitamins A, E, D and K. Insufficient fat can mean nutrient deficiencies for you and baby nutrientdense foods that pack the biggest bang for your buck, providing the most nutrients in each bite.

CHOOSE THESE FATS

Nuts, Seeds + Nut Butters

Avocado + Avocado Oil

Extra Virgin Olive Oil + Olives

Coconut + Coconut Oil

100% Grass Fed Butter + Cream



6. Quality Proteins

Protein needs are nearly ~30% greater while breastfeeding than for non-lactating women. Although you can get all the protein you need from vegetarian sources, animal sources of protein are particularly rich in immune boosting zinc, energizing vitamin B12 and iron to deliver oxygen to your cells.

High protein diets are all the rage right now. It's true that protein has a higher thermic effect, meaning it burns more calories to digest. It's also true that dietary protein promotes fat loss in favor of building lean muscle, assuming you eat enough protein with each meal and within 60 minutes of each workout. **All of that said, more is not always better.**

Your body cannot absorb more than ~30g of protein at a time. Anything more than that, you pee out. This means that there's no need to go crazy. Just be sure to consume a normal portion size of protein every time you eat (i.e. a cup of yogurt or 1/2 cup of cottage cheese, a palm-sized piece of meat or fish, or 2-3 eggs.)

CHOOSE THESE PROTEINS

Fish + Shellfish

Chicken, Beef, Lamb + Pork Grass-fed or organic

Eggs (Look For Pastured, Organic Or Omega-3 Enriched)

Dairy (Greek yogurt, cottage cheese, kefir)

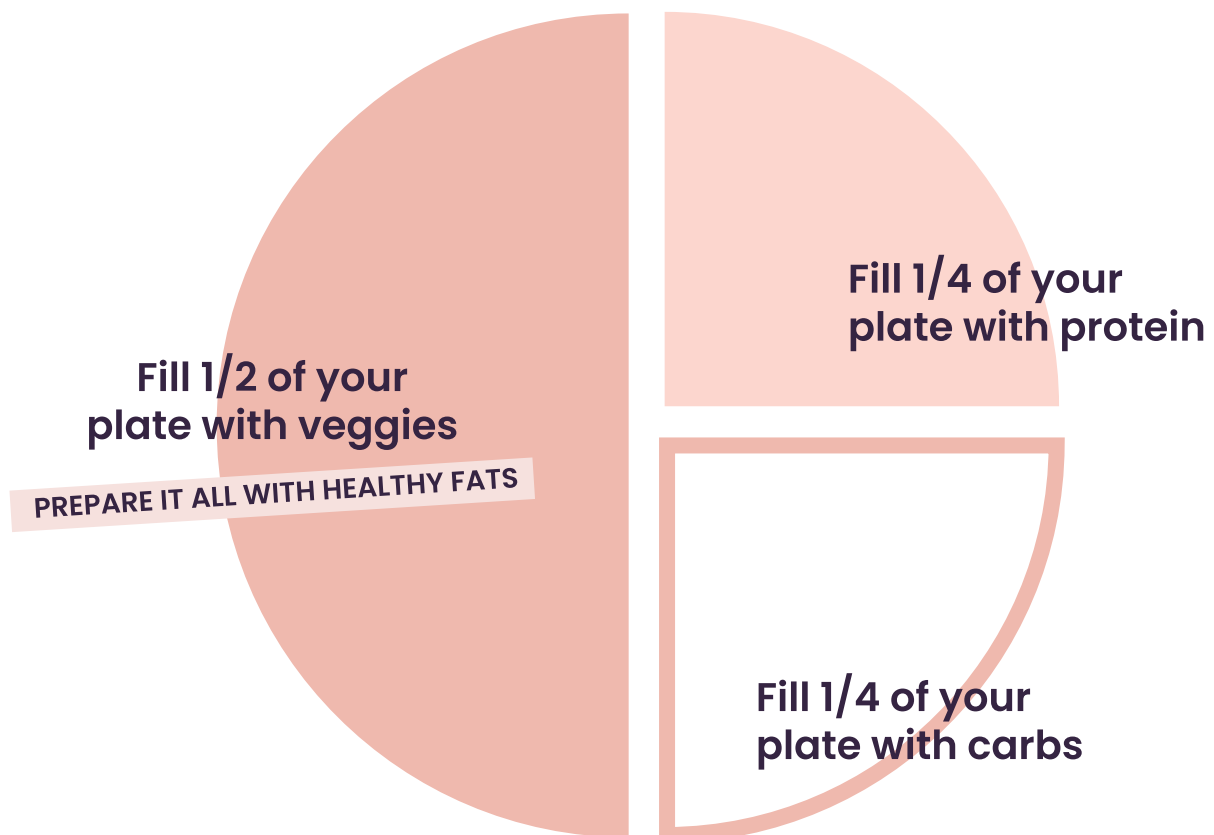
Tofu, tempeh + edamame

Beans + Legumes*

*Note that beans are also listed in the carbs section. If you're a vegetarian, beans become a primary source of protein. If you eat meat or fish, consider beans your carbs with protein benefits.

7. Postpartum Plate

You've learned about complex vs. simple carbs, thrown any fear of fat out the window and are piling on the protein. But, back to the most important question, what do you actually eat? How do you put complex carbs, fats and proteins all together in the optimal ratios? Take a look at the Postpartum Plate below to see exactly how to keep it balanced.



SNACKS TO FUEL A BREASTFEEDING MAMA!

- Greek yogurt, plain, full-fat, organic (protein & fat) + fresh fruit (fiber) and nuts (fat & fiber).
- Popcorn (fiber) and jerky, grass-fed (protein)
- Egg muffins or frittata (with fiber-full veggies & protein)
- Hard-boiled eggs (protein) + whole grain toast or fruit (fiber)
- Cheese (protein & fat) + apple or whole grain crackers (fiber)
- Guacamole (fat) + veggie sticks (fiber)
- Banana or apple (fiber) + peanut butter (protein & fat)
- Full-fat, organic cottage cheese (protein & fat) + melon or pineapple (fiber)
- Edamame, crunchy or steamed (protein & fiber)
- Kale, beet, or broccoli chips (fiber) + nuts or cheese sticks (protein & fat)
- Brown rice cakes (fiber) + avocado (fat), ricotta (protein) and lemon zest (yum!)

Take home: protein or fat with fiber everytime you eat.

MICRO NUTRIENTS

It is worth repeating that, no matter what you eat, your breastmilk is a superfood and the most nutritious option for baby. However, you can further enhance the nutritional density of your breastmilk through your food choices. Make sure you're getting enough micronutrients in your diet to ensure babe also gets what they needs to thrive.



Micro Nutrient Intake

REMEMBER: If your diet is nutrient-dense, then so is your breastmilk.

NUTRIENT	AMOUNT DAILY	BEST FOOD SOURCES	NOTES
IRON	15 mg	oysters : 3 oz = 8 mg beef liver: 3 oz = 5 mg white beans: 1/2 C = 4 mg lentils: 1/2 C = 3 mg spinach: 1/2 C = 3 mg	Needs may be higher if significant blood is lost during birth. Caffeine and calcium can inhibit iron absorption. Vitamin C enhances absorption. Cooking in cast-iron also increases iron in your food.
CALCIUM	1000 mg	yogurt: 8 oz = 415 mg sardines: 3 oz = 325 mg cheese: 1.5 oz = 300 mg salmon: 3 oz = 180 mg kale: 1 C = 95 mg bok choy: 1 cup = 75 mg	Calcium supplementation is rarely needed as most can meet their calcium needs from food. If you choose to supplement, Ca carbonate is the most readily absorbed.
VITAMIN D	2,000-8,000 IU	salmon: 3 oz = 447 IU tuna: 3 oz = 154 IU yogurt: 6 oz = 80 IU egg yolk = 41 IU	If mom gets less than 6,400 IU/d, it's recommended to give baby 400 IU/d of vitamin D.
OMEGA-3 FATTY ACIDS	1000 mg	salmon: 3 oz = 1,300 mg sardines: 3 oz: 1,200 pastured egg =200 mg	Plant based sources (walnuts, flaxseeds, chia seeds) are not easily converted into the active forms of DHA and EPA fatty acids.
CHOLINE	550 mg	liver: 3 oz = 356 mg egg yolk: 147 mg beef: 3 oz = 97 mg	Choline in breastmilk gets transferred to baby for brain development.
PRE-FORMED VITAMIN A (retinyl or retinoic acid)	4,000 IU	liver: 3 oz = 22,000 IU ricotta (full fat): 1C= 945 IU egg yolk: = 260 IU salmon: 3 oz = 175 IU	Transferred in breastmilk to build baby's immune system. Colostrum is particularly rich in vitamin A.



Omega-3 fatty acids are essential during all life stages, but especially during pregnancy and lactation. And most of us do not get enough.

For general health, omega-3s are powerful anti-inflammatories, protecting you from age-related issues - think prevention for everything from wrinkles and stretch marks, to heart disease and obesity.

OMEGA-3 FATS ARE ESPECIALLY IMPORTANT WHILE BREASTFEEDING BECAUSE:

1. For you, omega-3 fats speed up recovery by reducing post-stress inflammation, and buffer you from postpartum depression.
2. For your new little nugget, they are essential for brain development. If you want an Einstein baby, eat omega-3s! One type of Omega-3s, called DHA, is particularly crucial for brain development.

OMEGA-3 FATS:

- Fatty fish like salmon, anchovies, mackerel, tuna and sardines.
- Grass-fed meat, dairy & eggs.
- Although plant-based sources, like walnuts, flax, hemp and chia seeds also have omega-3s, they do not have DHA.

FAT IN YOUR BREASTMILK:

- How much fat you eat does not change the total % of fat in your breastmilk.
- However, the kind of fat you eat does determine the kind of fat baby receives.
- Eat more anti-inflammatory, brain boosting fats (i.e. more omega-3s) and your baby gets more of the DHA she needs for brain development.

TAKE HOME

Ensure you're getting enough omega-3s for you and baby-prodigy by eating at least 12 oz of fatty fish each week, or taking a supplement

Postpartum Superfood Salmon

Salmon is one of the best food-based sources of omega-3 fats, vitamin D, preformed vitamin A and even calcium (if you eat those teeny tiny little bones - the ones that won't hurt going down).



HOW TO ENJOY

Canned salmon. Don't knock it 'til you try it. Canned, wild-caught salmon (with the bones) provides not only the DHA you need, but also some of the most highly bioavailable calcium and vitamin D.

Salmon salad

Mix canned salmon with a dollop of plain, organic yogurt + a squeeze of fresh lemon juice, salt, pepper and optional dill, capers & chopped celery. Serve on a bed of arugula and drizzle with olive oil + more fresh lemon juice.

Salmon tacos

Mash up avocado with a fork and mix it into canned salmon. Stir in chopped red bell pepper, then wrap it up with microgreens in corn tortillas (we recommend a splash of hot sauce to top it off).

Baked salmon filet

Place filet of wild-caught salmon in baking dish. Squeeze lemon juice over the fish. Season generously with salt, pepper and any herbs or spices of your liking. Bake for ~10 minutes at 375°F, or until salmon is cooked through and flaky, but still moist.



8. Do's & Don't while Breastfeeding

Don't abuse intake of the following:

ALCOHOL:

- Cheers, mama! Enjoy a toast! Just keep a few guidelines in mind to prevent passing alcohol along to babe.
- Avoid over-indulging in adult beverages – 2 hours before breastfeeding – or plan ahead to pump and dump.

CAFFEINE:

Caffeine is considered safe while breastfeeding, to an extent. We know you're more tired than you've ever been in your life and wish we could say, "drink the whole pot". Instead, we'll be honest and share that its recommended to cap it at ~300 mg per day (~16 oz of brewed coffee).

Understanding how measly that amount may sound, here's some mom to mom, non-medical advice:

- Pay attention to whether baby has trouble sleeping after you have caffeine.
- If baby is able to sleep (as well as any other time) and no signs of bothersome GI symptoms, do what you gotta do.

Your baby needs a happy mama.

FISH :

- Eat low-mercury varieties. Just as when pregnant, eat 12oz per week of low-mercury species – cod, haddock, shrimp, light canned tuna, salmon, mackerel, trout or flounder, while avoiding the large predator fish (who eats shark anyway?!?).
- We like to say, feast with your eyes and your mouth by eating a rainbow of colorful foods.

Don't allow irregular meal gaps

Avoid going on a strict diet to lose weight, eat on time, and avoid skipping meals. Remember that breastfeeding requires a big effort from your body, and your food choices should be as nutritious as possible, as you and your baby have specific needs. Be sure to get around 300 to 500 extra calories a day to keep an adequate milk supply.

Try to stick to regular time frames and patterns to create body nutrition memory, as skipping meals can bring issues like a decrease in your metabolism's performance, causing your energy levels to drop; making it more difficult to be active and be able to properly care for your baby.



Do's & Don't while Breastfeeding

Do eat frequently and snack

Believe or not, having your digestive system in constant movement could even help support your weight loss goals. Keep in mind that food is our main source of energy, so having a higher number of meals will give you more energy throughout the day.

Aim for three meals and at least two snacks everyday, add more snacks if you're feeling hungry during the breastfeeding process – eat frequently throughout the day and avoid long gaps of no food consumption.

If you have a busy lifestyle or find yourself with little time to eat, avoid junk food with sugar and fats that have no nutritious value and try eating natural snacks instead, like pieces of fresh or dried fruit, natural smoothies, nuts or vegetable mixes to dip, are all good options to have a nutritious snack and meet your nutrition needs.

Don't ignore iron absorption

Around half of anemia diagnoses in breastfeeding women are caused by iron deficiency during pregnancy and postpartum periods.

After the baby arrives, some women can experience a significant loss of iron in their blood – feeling small but persistent symptoms like fatigue and weakness – something so common that many mothers don't even realize that they may have anemia.

Along with a diet rich in iron (red meat, poultry, seafood, dark leafy greens, and beans), avoid consuming iron-dense foods such as tea and other products containing caffeine, as these can reduce absorption of this mineral up to 64%.



9. Grocery Guide

Full Shopping List of Ingredients

VEGGIES:

- Spinach
- Avocado
- Cilantro
- Green onions
- Garlic
- Arugula
- Kale
- Red onion
- Cherry tomatoes
- Kalamata olives
- Sweet potatoes
- Carrot
- Red Pepper
- Yellow Pepper
- Celery
- Ginger
- Asparagus
- Shiitake mushrooms
- Crimini mushrooms
- Snow peas
- Leeks
- Cauliflower rice
- English cucumber
- White Vinegar
- Unsweetened coconut milk
- Tahini paste
- Raspberries
- Parsley
- Old-fashioned oats
- Nut butter
- Maca
- Limes
- Lemons
- Kosher salt
- Halibut fillet
- Ground cumin
- Grapeseed oil
- Golden balsamic vinegar
- Frozen raspberries
- Frozen pineapple
- Frozen blueberries
- Frozen banana
- Fennel
- Extra virgin olive oil
- Dried cranberries
- Date syrup
- Cucumber
- Crushed red pepper flakes
- Creamy unsalted almond
- Butter
- Chopped pecans
- Chickpeas
- Chicken broth
- Carrots
- Cacao powder
- Boneless skinless chicken
- Breasts
- Blueberries
- Beef tenderloin (6oz)
- Banana
- Apples

Grocery Guide

SEASONING & DRESSINGS:

- Almond butter
- Vanilla extract
- Honey or agave
- Maple syrup
- Cinnamon
- Tahini
- Salt
- Pepper
- Olive oil
- White wine vinegar
- Balsamic vinegar
- Red wine vinegar
- Dijon mustard
- Cumin
- Sesame oil
- Rice vinegar
- Coriander
- Paprika
- Garlic powder
- Sweet chilli sauce
- Soy sauce (reduced sodium recommended)
- Red pepper flakes
- Tamari
- Banana
- Apples

NUTS & SEEDS:

- Chia seed
- Flaxseed
- Hemp seed
- Sliced almonds
- Pecans
- Pumpkin seed
- Sunflower seed
- Peanuts
- Sesame seed

GRAINS:

- Rolled oats
- Quinoa
- Barley
- Ezekiel muffin
- Brown rice
- Tricolor quinoa

LIQUIDS:

- Almond milk
- Coconut water
- Coconut milk
- Bone and chicken broth

DAIRY:

- Feta cheese
- Parmesan cheese
- Goat cheese
- Plain non-fat Greek yogurt

SOME THINGS TO AVOID:

- | | | |
|------------------------|----------|---------|
| Chocolate | Anis | Mint |
| Citrus (in moderation) | Sage | Alcohol |
| Oregano | Rhubarb | |
| Caffeine | Rosemary | |
| Aloe | Ginseng | |
| Parsley | Thyme | |



10. Questionnaire Answers

Common questions related to Diet and Motherhood

What should I eat when I'm pregnant?

Eat a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy products, and protein foods. Choose foods and drinks with less added sugars, saturated fats, and sodium (salt). Limit refined grains and starches, which are in foods like cookies, white bread, and some snack foods.

What foods does a Postpartum body need to recover and gain back its energy and strength?

Drink mostly water and milk. Eat foods that have protein such as milk, cheese, yogurt, meat, fish and beans. Protein rich foods are important to help you recover from childbirth and keep your body strong. If you are under 18, or were underweight prior to pregnancy, you need to eat more protein.

Why am I constantly starving and insatiably thirsty?

Feeling thirsty, as well as urinating more often than usual, is a common symptom in pregnancy and usually nothing to worry about. Very occasionally, these problems can be a sign of gestational diabetes (a type of diabetes that affects women during pregnancy).

What should I eat if I'm breastfeeding?

Go and check Chapter 2: Nutrition For Breastfeeding.

What should I eat to boost my milk supply?

We leave here 5 articles that could be useful to answer this question:

Tips to Help You Increase Milk Supply

5 Habits That Might Trigger Low Milk Supply

Breast Milk Oversupply: Myth or Fact?

Pumping to Increase Milk Supply: Will It Work?

Galactagogues & Milk Supply Increase

How does what I eat and don't eat impact my baby's general health?

Eating well during pregnancy is not just about eating more. The quality of what you eat is as important. When you're pregnant, what you eat and drink is the main source of nourishment for your baby. In fact, the link between what you consume and the health of your baby is much stronger than once thought. That's why doctors now say, for example, that no amount of alcohol consumption should be considered safe during pregnancy.

MORE PLANTS

Enjoy all the beautiful colors.

This means the more colorful fruits & veggies on your plate, the better. Richly colored plants are the best source of antioxidants and micronutrients that help you heal and enhance breastmilk for baby.

INCLUSIVITY

Enjoy abundant diversity.

Each food group provides unique nutrients for you and your baby to thrive. We don't prescribe cutting out entire groups of foods, like carbs or dairy. Instead, we encourage variety. As long as they are real foods that you tolerate well, the greater diversity, the better.

REAL FOOD

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NUTRIENT DENSE

Focus on Quality over Quantity.

Successful breastfeeding requires getting all of the nutrients you need on board to fuel a strong baby and an even stronger mama. Achieve this by choosing nutrientdense foods that pack the biggest bang for your buck, providing the most nutrients in each bite.

How does my body change once I stop breastfeeding?

You might experience less appetite than before but keep eating fresh and nutrient dense. Try to gradually go back to normal in the sense of eating whenever you're hungry but don't lose your eating routine. Even after breastfeeding, focus on the food groups mentioned in this guide, just adjust the quantity of food in terms of your appetite.

What will my diet look like if I'm not breastfeeding at all and decide to bottle feed?

Focus on the Postpartum Plate in chapter in Chapter 7 at least for the following 6 to 8 months after giving birth.

Does age matter when it comes to diet and motherhood?

Older adults generally have lower calorie needs, but similar or even increased nutrient needs compared to younger adults. This is often due to less physical activity, changes in metabolism, or age-related loss of bone and muscle mass.

How can I introduce new healthy nutrition habits for me and my whole family in the long term?

Eating healthy goes beyond pregnancy, breastfeeding and motherhood. Reinforcing a healthy lifestyle mainly revolves around food and eating habits. As a mother try to introduce the following habits to your family but setting the example and doing it yourself:

- Base your meals on higher fiber starchy carbohydrates.
- Eat lots of fruit and vegetables.
- Eat more fish, including a portion of oily fish.
- Cut down on saturated fat and sugar.
- Eat less salt.
- Get active and be a healthy weight.
- Do not get thirsty.
- Do not skip breakfast.

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