

# MyPyramid for Breastfeeding



Breastfeeding brings special nutritional needs for baby and you. MyPyramid Plan for Moms can help you and your baby stay healthy.

## Breastfeeding is Best

Breastfeeding is best for moms and their babies for many reasons. Breastfeeding your baby helps:

- ➔ You bond with your baby
- ➔ The baby fight infections
- ➔ Reduce allergies keeping baby healthy
- ➔ May make it easier to lose weight gained during pregnancy

## Nutrition Needs During Breastfeeding

Food Group	Breastfeeding only	Breastfeeding plus formula	What counts as 1 cup or 1 ounce?	Remember to...
Eat this amount from each group daily.*				
<p>Fruits</p>	2 cups	2 cups	1 cup fruit juice ½ cup dried fruit	<i>Focus on fruits—</i> Eat a variety of fruits.
<p>Vegetables</p>	3 cups	3 cups	1 cup raw or cooked veggies or juice 2 cups raw leafy veggies	<i>Vary your veggies—</i> Eat more dark-green and orange vegetables and cooked dry beans.
<p>Grains</p>	8 ounces	7 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice or cereal	<i>Make half your grains whole—</i> Choose whole instead of refined grains.
<p>Meat &amp; Beans</p>	6½ ounces	6 ounces	1 oz lean meat, poultry, or fish ¼ cup cooked dry beans ½ oz nuts or 1 egg 1 T peanut butter	<i>Go lean with protein—</i> Choose low-fat or lean meats and poultry.
<p>Dairy</p>	3 cups	3 cups	1 cup milk 8 oz. yogurt 1½ oz cheese 2 oz. processed cheese	<i>Get your calcium-rich foods—</i> Go low-fat or fat-free when you choose milk, yogurt, and cheese.

\* These amounts are for an average pregnant woman. You may need more or less than the average. Check with your health care provider to make sure you are gaining weight as you should.



## Nutrition Needs During Breastfeeding (continued)

Here's what MyPyramid recommends:

- ➔ Eat the proper amounts of foods from each food group daily.
- ➔ The calories and *amounts of food* you need while breastfeeding may change—so be sure to choose what's right for you.
- ➔ In addition to eating a healthy diet, many doctors recommend that breastfeeding women continue to take a prenatal vitamin and mineral supplement to be sure you and your baby get enough iron and folic acid.
- ➔ Drink plenty of fluids, especially lower-calorie ones.
- ➔ Moderate amounts of caffeine (up to two to three cups of 8-ounces of coffee a day) does not affect your baby.
- ➔ Avoid alcohol while breastfeeding.
- ➔ If you need help, visit [www.mypyramid.gov/mypyramidmoms](http://www.mypyramid.gov/mypyramidmoms) or talk with a WIC nutritionist.
- ➔ Avoid some types of fish that may contain mercury. See [www.cfsan.fda.gov/~dms/admehg3.html](http://www.cfsan.fda.gov/~dms/admehg3.html) or call 1-888-SAFEFOOD for more information.

The adequate intake of fluids for adult women is about 9 cups/day. About 20% of this comes from water contained in food and the rest is from beverages we drink like water, milk, juice, coffee and soda. Freshen up your fluid intake with one of the following:

- 100% juice mixed with sparkling water
- Ice water with lemon, limes, or even—apple slices
- A smoothie made from low-fat yogurt, fruit, and ice cubes
- Decaffeinated ice tea with (or without) a low calorie sweetener
- Hot chocolate made with low-fat or skim milk

## Weight Loss After Pregnancy

While you are breastfeeding, your doctor or WIC nutritionist can keep track of your weight loss. If you are losing weight too slowly, cut back on the calories you are eating by decreasing the amount of extras you eat.

**Cut back on these extras to help you get back to your right weight:**

- Biscuits
- Candies
- Desserts
- Fatty Meats
- Fried foods
- High fat cheeses
- Sausages
- Soft drinks
- Whole Milk

## Stay Active When You're Breastfeeding

- ➔ Be sure to stay active, unless your doctor tells you not to.
- ➔ Include 30 minutes or more of physical activity such as walking or swimming on most days of the week.
- ➔ Physical activity can be done in short periods of 10 minutes or more. The total time of 30 minutes is what is important.
- ➔ If you're trying to lose weight, bump up your physical activity to 60 or more minutes most days of the week.