

# Healthy Diet For Breastfeeding Moms

## *Diet for breastfeeding mothers*

### SAY YES TO THESE FOODS

**Avocado**  
Healthy fats and fibre, and rich in folate, potassium and vitamin B, K, C & E



**Soybeans and Chickpeas**  
Rich in protein, vitamins, minerals, and phytoestrogens



**Sweet potatoes**  
Rich in vitamin A and potassium



**Whole grains**  
Rich in vitamin B, fibre, iron, and carbohydrates



**Yogurt**  
Rich in probiotics, protein, vitamins, and calcium



**Apricot**  
Rich in fibre, antioxidants, vitamins A & C, minerals, and carotenes



**Dark green leafy vegetables**  
Rich in fibre, folate, calcium and vitamins



**Fennel seeds**  
Rich in fibre, potassium, manganese, zinc, iron, calcium and vitamin C & A



### SAY NO TO THESE FOODS

**Processed foods**  
Contain preservatives and additives



**Alcohol**

- Lead to hormonal imbalance
- Reduction in milk production



**Coffee**

- High in caffeine
- Decrease hemoglobin levels in child



**Cigarettes**

- Risk of Sudden Infant Death syndrome (SIDS)
- Risk of asthma
- High amount of nicotine



**Parsley & Sage**  
May decrease milk production



**Fish high in mercury**

- Affect neurological development of the baby
- Disrupt the developing brain of the baby



**Wheat**

- Digestive issues
- Lead to bloody stools and fussiness



**Junk food**  
Contains high saturated and trans fats



**Healthy diet for breastfeeding moms** is crucial not only for the well-being of the mother but also

for the optimal growth and development of the baby. During breastfeeding, a woman's body requires additional nutrients, calories, and hydration to produce milk and maintain her own health. In this article, we will delve into the essential components of a healthy diet for breastfeeding moms, including what to eat, what to avoid, and practical tips for maintaining a balanced diet during this important stage of motherhood.

## **The Importance of Nutrition During Breastfeeding**

Breastfeeding provides numerous benefits for both mothers and babies. A well-balanced diet helps to ensure that mothers produce nutrient-rich milk, which in turn supports the infant's growth, immune function, and overall health. A healthy diet can also help breastfeeding mothers recover from childbirth, maintain their energy levels, and support their mental health.