

nutrition needs after birth



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!



supporting lactation

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 lactation and recovery after birth



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

Babies fed human milk need extra Vitamin D **supplementation**
Talk to their health care provider or dietitian for recommendations.



Hydration – you need more water to support lactation
Human milk is 87% water – so you 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 during lactation or when human milk:



Caffeine is transferred in human milk 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



when feeding with a bottle

If you are providing human milk 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



post-partum 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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