

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



After the Baby: Daily Food Choices for the Breastfeeding Mom: Part 1

It is important that your diet supplies the necessary nutrients while you breastfeed. Eat healthy foods from each food group from the Food Guide Pyramid. Your body needs healthy foods that provide good nutritional value.

Bread & Cereals Group

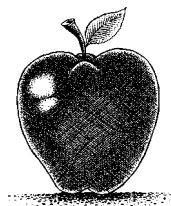
Eat 6-11 servings daily. One serving is:

- 1 slice of bread, biscuit, or tortilla
- 1/2 hamburger bun or English muffin
- 3-4 small crackers
- 1/2 cup cooked cereal, rice, or pasta
- 1 ounce of breakfast cereal

Fruits

Eat 2-4 servings daily. One serving is:

- 1 apple, banana, or orange
- 3/4 cup fruit juice
- 1/2 cup canned fruit



Vegetables

Eat 3-5 servings daily. One serving is:

- 1/2 cup cooked or raw vegetables
- 1 bowl of green salad
- 1 potato

Include one food serving rich in vitamin C and one rich in vitamin A each day. Vitamin C foods are grapefruit, oranges, tomatoes, or their juice, strawberries, melons, broccoli, collard and turnip greens, and green peppers. Vitamin A foods are cantaloupe, carrots, broccoli, collard and spinach greens, winter squash, sweet potatoes, and pumpkin.

Meat & Other Protein Foods

Eat 3 servings daily. One serving is:

- 2-3 ounces of cooked, lean meat, poultry, or fish
- 2 eggs
- 1 cup dried beans or peas, cooked
- 2 tablespoons peanut butter



Milk, Yogurt, & Cheese

Eat 4 servings daily. One serving is:

- 1 cup milk (try low-fat)
- 1 cup yogurt
- 1 1/2 ounces natural cheese
- 2 ounces process cheese

Suggested Readings:

Dairy Council of California. (1990). *Pregnancy: a special time for nutrition and good health*. Sacramento, CA: Author.

Editors of "Baby Talk" Magazine, The American College of Obstetricians and Gynecologists and Literacy Volunteers of America, Inc. (1994). *Breast-feeding your baby. Baby on the way basics*, 14-16 and 40-41.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Reference List:

Institute of Medicine (1991). *Nutrition during lactation*. Washington, D.C.: National Academy Press.

Second Follow-Up Report (1991). *The surgeon general's workshop of breast-feeding and human lactation*. Washington, D.C.: National Center For Education in Maternal and Child Health.



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