

# Healthy Moms, Healthy Babies

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 breast-feed. 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.

**References:**

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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*This material is supported by the Oklahoma  
Nutrition Education (ONE) Program through  
the Oklahoma Department of Human Services  
Food Stamp Program.*

Oklahoma State University, U.S. Department of Agriculture,  
State and Local Governments cooperating. Oklahoma Coop-  
erative Extension Service offers its programs to all eligible  
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4/97