

Feeding Our Children **BETTER BREASTFEEDING**



SCAN FOR BOOK

NUTRITION ADVICE FOR THE BREASTFEEDING MOTHER

1. You need **300-500 extra calories** daily above baseline during lactation. 3 meals plus 2 nutrient dense snacks are key.
2. Get 30 grams of **quality protein** with each meal. Consider a daily protein shake if you need help getting enough.
3. **Eat good fat**- olive/avocado oil, nuts and nut butters, full fat dairy, salmon, sardines, herring, butter and coconut oil
4. **Avoid bad fat**- minimize deep fried foods & processed cooking oils (corn, sunflower/safflower, soybean, vegetable oil)
5. Keep your **sugar intake** relatively low- reduce soda, sweetened drinks, candy, high sugar pastries and desserts
6. Eat **choline rich foods**- eggs, liver (clean source), meat, salmon, or take a choline supplement of 300-500 mg daily
7. Eat plenty of **colorful vegetables and fruits** for fiber & phytonutrients that help protect baby & feed the microbiome
8. Eat **probiotic foods**- Yogurt, kefir, sauerkraut & fermented vegetables to boost breastmilk probiotic counts
9. Drink 8oz of **CLEAN water** after each feed to replace fluid (filtered or reverse osmosis water, not plastic bottles)
10. Continue a good **prenatal or multivitamin** during lactation, but do not megadose on any vitamins.
11. Avoid harmful chemicals (**EDCs**). Don't microwave in plastic/Styrofoam. Avoid canned food with BPA/BPS. Read labels.
12. Choose organic when possible for the "Dirty Dozen" highest pesticide fruits and vegetables (listed at www.EWG.org)

**Do your best to eat healthy, but know that your milk is going to be better than any formula for your baby!*

SUPPLEMENTS TO CONSIDER DURING LACTATION

1. Prenatal or multivitamin
2. Omega-3 EPA/DHA: 1000 mg daily (quality matters!)
3. Choline(chloride, bitartrate, citrate) 300-500 mg daily
4. Protein-20-30 grams of whey, collagen, blended plant
5. Multi-species probiotic (if perinatal antibiotics given)
6. Vitamin D drops (for baby)- 400 IU daily
7. Fiber to support maternal microbiome: 5-10 grams/day
8. Galactagogues (milk increasing herbs- if needed) fenugreek, fennel, anise, milk thistle (typically as tea)

**Under the ACA, insurance is required to provide FREE breast-pumps to ALL mothers. Make sure to order yours!*

GET SUPPORT!

Breastfeeding can be **HARD!**

- Take a **breastfeeding class** before delivery
- Request a **free breast pump** before delivery
- Request a **lactation consult** @ delivery

- Get instruction and set expectations
- Get plugged in with a support group
- Consider virtual lactation consults

Resources

La Leche League- www.llli.org
www.breastfeedingusa.org
www.milkology.org
www.medela.us/breastfeeding

WHAT ARE SOME POWER FOODS DURING LACTATION?



EGGS
AND
VEGGIES



BEEF STEW



GREEK YOGURT
WITH
BERRIES



PROTEIN
SHAKE



SALMON
&
AVOCADO

LEARN MORE www.feedingourchildren.com





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The Nutrition Pediatrician

BETTER BREASTFEEDING



SCAN FOR VIDEO

BENEFITS OF BREASTFEEDING

There is no argument. For an infant, breastmilk is nature's most perfect food. Millions of years of evolution have designed mother's milk to deliver the optimal blend of nutrients to the baby, at the same time boosting their immune system and promoting infant-mother bonding.

BREASTFEEDING FOR THE FIRST YEAR HAS SHOWN THE FOLLOWING BENEFITS TO BABY

- 3-fold lower risk of hospitalization
- 75% reduction in severity of RSV infections
- 50% reduction in ear infections
- 64% reduction in gastrointestinal infections
- 77% reduction in NEC (inflamed intestines)
- 36% lower risk of SIDS
- 30% reduction in later rates of obesity
- Lower rates of asthma, eczema, allergies
- Reduced risk of Crohn's, Type 1 and 2 diabetes
- Improved brain performance as a child
- Healthier gut microbiome with higher probiotic counts

Breastfeeding supports the baby's brain, their gut, and their genes & sets them up for future health!

**It also lowers risk of breast & ovarian cancer for mom.*



The American Academy of Pediatrics and World Health Organization (WHO)

Recommendations

- 1 Exclusive breastfeeding for first 6 months
- 2 Addition of complementary foods alongside breastfeeding at 6 months
- 3 Continue breastfeeding until 1 year or beyond for the health benefits

WHAT IS IN BREASTMILK?

Protein: Mother's milk supplies all the protein needed over the first 6 months for baby's growth and brain development. Early breastmilk is 80% whey and 20% casein making it easy to digest. Later milk is 60% whey and 40% casein which keeps the baby full longer. There are also a host of special proteins that help with nervous system and brain growth as well as immune proteins that help them fight infections.

Carbohydrates: Lactose is the main carbohydrate found naturally in breastmilk, needed for energy and healthy gut bacteria (microbiome). **Babies are almost never lactose intolerant.** There is no significant amount of fructose or glucose in healthy breastmilk. However, a mom who indulges in sweetened drinks and a high-sugar diet can inadvertently "sweeten up" her milk with fructose, which is not good for the baby. *The 3rd largest component of breastmilk is actually a non-digestible carbohydrate called HMO that acts as the ultimate prebiotic to feed the *healthy probiotic bacteria* in the baby's intestine.

Fats: 50% of the calories from breastmilk are from fat, which are also great for the baby's brain! *Fat is the most variable component of mother's milk and changes with mom's diet.* Mothers who eat fish like salmon and sardines have more omega-3 DHA in their milk to build the baby brain. Mothers who eat a lot of deep fried and highly processed foods will increase potentially damaging trans-fat and oxidized oils in their milk. These oxidized oils are not good for the baby brain.

Special Ingredients- Vitamins and minerals, MFGM, prebiotics, probiotic bacteria (based on mom's intestinal microbiome), hormones, phytonutrients, growth factors, immune boosting factors.

www.feedingourchildren.com