

# Breastfeeding and healthy eating

Breastfeeding women have similar needs as pregnant women

ALIMA PRÉSENTE

nourrir  
la vie

## HEALTHY EATING

### Why ?

- To meet the breastfeeding mother's calorie and protein needs
- To restore reserves after pregnancy and childbirth
- To develop baby's taste for food

### Recommendations

- Eat 3 meals and 2 to 3 snacks a day
- Vary meals and snacks

Take a prenatal  
multivitamin  
while you are  
breastfeeding



## SNACKS

### Protein

- Dairy products
- Meat and alternatives



### Carbohydrates

- Fruits and vegetables
- Grain products



## THE BALANCED PLATE



## MEALS

- Apply the balanced plate principle
- Focus on variety
- Include eggs, dairy products and fatty fish (e.g., salmon, sardines, trout, herring) in your weekly meal plan

Baby begins to  
discover flavours  
through breast milk.  
Introduce baby to a  
variety of foods and  
flavours through your  
diet.

## EATING WELL WITH A NEW BABY

### TIPS AND TRICKS

- Opt for meals that are quick and easy to make or healthy ready-to-eat foods
- Make large quantities at a time (e.g., spaghetti sauce, lentil soup)
- Keep water and snacks close at hand to where baby is breastfed

No food is associated with colic or gas in babies. Spicy foods do not cause discomfort in babies.

Unlike during pregnancy, there are no foods that you should avoid (e.g., raw fish, soft cheese).

For more tools, visit [www.centrealima.ca](http://www.centrealima.ca)

## CAFFEINE



### CAFFEINE PASSES INTO BREAST MILK BETWEEN 1 AND 3 HOURS AFTER CONSUMPTION

- Foods and beverages containing caffeine (e.g., coffee, tea) should be consumed in moderation
- Avoid energy drinks
- Consume a maximum of 2 to 3 cups of coffee per day
- Cut out coffee if baby has difficulty sleeping or is irritable

## Alcohol

### ALCOHOL PASSES QUICKLY INTO BREAST MILK

Not drinking alcohol is the safest option for breastfeeding mothers, especially when baby is still very young.

## HYDRATION

### STAY WELL HYDRATED

Signs of a good hydration

- Not feeling thirsty
- Pale-coloured urine

