## DAILY FOOD GUIDE FOR BREASTFEEDING MOTHERS

Food Group	Servings	One Serving Equals
		1 c. milk / yogurt
Milk and milk products (choose fat-free or low fat)	3 or more	1-2 oz. cheese
		1 c. enriched soymilk
		1 oz. lean meat/fish/poultry
Meat (choose nuts and beans more often)		1 egg
	the Chi	2 oz. tofu
		1 Tb. peanut butter
	人	<sup>1</sup> / <sub>4</sub> c. cooked beans
0 0 100 100 1	二十二社 〇一	<sup>1</sup> / <sub>2</sub> oz. nuts or seeds
Commu	IIII GOL	1 fruit I U III I V
	5	1 c. cut up fruit or juice
Fruits & Vegetables Health	at least 1 vitamin C rich at least 1 vitamin A rich	2 c. raw vegetables
		1 c. cooked vegetables
Breads, Cereals, and Grains (choose 100% whole wheat bread, oatmeal, brown rice)	e 7 or more Res	1 slice bread
		<sup>1</sup> / <sub>2</sub> c. cooked rice/noodles/cereal
		1 c. ready to eat cereal
	中	4-6 crackers

## Vitamin C rich fruits

Orange, tangerine, grapefruit, strawberries, kiwi, mango

## Vitamin A rich fruits and vegetables

Dark green leafy - broccoli, spinach, choy sum, gailan, bok choy Deep yellow or orange - carrots, pumpkin, sweet potato, tomato, papaya, cantaloupe

## **Other nutrition-related concerns**

— Add an extra 500 calories a day to your usual diet before pregnancy.

e.g. peanut butter sandwich (1) fat-free milk (1 c.) 
$$= 500$$
 calories fruit (1)

- Drink plenty of fluids, at least 8-12 cups a day.
  - e.g. water, soup, milk, juice
- Avoid cigarettes, alcohol, and medications.
- Limit caffeine-containing beverages such as tea, coffee, cola drinks.