

DAILY FOOD GUIDE FOR BREASTFEEDING MOTHERS

Food Group	Servings	One Serving Equals
Milk and milk products (choose fat-free or low fat)	3 or more	1 c. milk / yogurt 1-2 oz. cheese 1 c. Calcium-fortified soymilk
Meat (choose nuts and beans more often)	6	1 oz. lean meat/fish/poultry 1 egg 2 oz. tofu 1 Tb. peanut butter 1/4 c. cooked beans 1/2 oz. nuts or seeds
Fruits & Vegetables	5 at least 1 serving high in vitamin C at least 1 serving high in vitamin A	1 fruit (medium size) 1 c. cut-up fruit or juice 2 c. raw vegetables 1 c. cooked vegetables
Breads, Cereals, and Grains (choose 100% whole wheat bread, oatmeal, brown rice)	7 or more	1 slice bread 1/2 c. cooked rice/noodles/cereal 1 c. ready to eat cereal 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)	} = 500 calories
fat-free milk (1 c.)	
fruit (1)	

— Drink to thirst.

e.g. water, soup, milk, juice

— Avoid cigarettes, alcohol, and medications (unless prescribed by your doctor).

— Limit caffeine-containing beverages such as tea, coffee, cola drinks.