

## DAILY FOOD GUIDE FOR BREASTFEEDING MOTHERS

Food Group	Servings	One Serving Equals
<b>Milk and milk products</b> (choose fat-free or low fat)	<b>3 or more</b>	1 c. milk / yogurt 1-2 oz. cheese 1 c. Calcium-fortified soymilk
<b>Meat</b> (choose nuts and beans more often)	<b>6</b>	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
<b>Fruits &amp; Vegetables</b>	<b>5</b> 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
<b>Breads, Cereals, and Grains</b> (choose 100% whole wheat bread, oatmeal, brown rice)	<b>7 or more</b>	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)  
       fat-free milk (1 c.)  
       fruit (1) } = 500 calories

— 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.

