

DAILY FOOD GUIDE FOR BREASTFEEDING MOTHERS

Food Group	Servings	One Serving Equals
Milk and milk products	3 or more	1 c. milk / yogurt 1-2 oz. cheese 1 c. enriched soymilk
Meat	3 or more	2-3 oz. lean meat/fish/poultry To replace 1 oz of meat, choose 1 of the following: 1 egg 4 oz. tofu 2 Tb. peanut butter 1/2 c. cooked beans 1/3 c. nuts
Fruits & Vegetables	5 or more at least 1 vitamin C rich at least 1 vitamin A rich	1 fruit 1/2 c. juice 1 c. raw vegetables 1/2 c. cooked vegetables
Breads, Cereals, and Grains	7 or more	1 slice bread 1/2 c. cooked rice/noodles 1/2 c. cereals 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
nonfat milk (1 c.)	
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.