

# Perinatal Nutrition Info

At Montefiore, our designated Baby-Friendly hospitals are committed to supporting parents in making informed, empowered choices. We encourage and support breastfeeding as part of optimal perinatal nutrition and offer a range of lactation and nutrition resources to help you on your journey. We also recognize that every family's circumstances are unique, and there's no one size fits all approach. Your feeding choice is personal, and we're here to support you either way. If you have questions or concerns regarding breastfeeding nutrition, consult with a registered dietitian. **MMC and AECOM associates can set up a free nutrition consultation by emailing [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org). For other questions and information, visit the Employee Center at <https://montefiore.service-now.com/esc>.**

## The Mother's Energy

Breastfeeding is hard work, your body needs about 450 to 500 extra calories a day to make breast milk for your baby<sup>2</sup>.

**Here are 300 calorie snacks to enjoy throughout the day<sup>3</sup>.**

- **1 slice** of whole grain toast with **1½ Tbsp** of any nut butter topped with sliced banana and strawberries.
- **¼ cup** guacamole with **1oz** of baked tortilla chips.
- **¼ cup** of trail mix (*nuts, seeds and dried fruits*).

## Weight Loss Reality

Many women find that breastfeeding can help them lose weight, however that varies among mothers, and it depends on how much weight they gained during pregnancy, how much physical activity they do and how much milk they are producing.

So be patient, do yourself and your baby a favor — relax, eat slowly and practice mindful eating. Incorporate moderate intensity physical activity like brisk walking once approved by your doctor<sup>4</sup>.



## Hydration is Key

While breastfeeding, your fluid needs increase, so drink plenty of fluids. Choose water and decaffeinated unsweetened beverages such as seltzer, low fat milk or herbal teas to quench your thirst<sup>2,4</sup>.

**Pro tip:** Try carrying a water bottle around and set consumption goals.

## Vitamins

Your ob-gyn will likely recommend that you continue taking your prenatal multivitamin while breastfeeding. Eating a balanced diet that includes plenty of fruits and vegetables is the best way to keep you and your baby well nourished<sub>2,4</sub>.

## For Plant Based Moms

Supplementation of some key nutrients may be needed to ensure adequate intake to meet nutrient requirements for both mom and baby, in addition to standard prenatal vitamins:

- **Protein:** Dried beans and lentils, soy products, nuts and nut butters, eggs and whole grain breads<sup>5</sup>.
- **Omega 3 Fatty Acids:** Eggs and fortified foods<sup>5</sup>.
- **Vitamin B-12:** Fortified cereals, fortified soy milk and other plant milk products, nutritional yeast, and dairy products<sup>5</sup>.
- **Calcium:** Fortified soy milk and plant milks, dairy products, dark green vegetables such as broccoli, kale, turnip greens, bok choy<sup>5</sup>.
- **Vitamin D:** Sunlight and fortified foods<sup>5</sup>.

## Suggestions

Limit caffeine intake to less than 3 cups of coffee a day (<300 milligrams)<sup>6</sup>.

If you have an occasional alcoholic drink, wait at least 2 hours before you breastfeed again (no need to express and discard your milk). Do not have more than 2 drinks regularly since it can harm your baby<sup>2</sup>.



## Lactation Cookies Recipe

Galactagogues are foods that can increase milk supply, such as oats, brewers yeast, garlic and sesame seeds. Try this cookie recipe that is full of galactagogues.

### INGREDIENTS

- 3 cups old fashioned rolled oats
- 1 1/2 cups unbleached organic all purpose flour
- 5 tbsp brewers yeast
- 3 tbsp ground flaxseed
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 3/4 cup unsalted butter
- 4 tbsp coconut oil
- 1 1/2 cups cane sugar
- 1 large egg + 1 large egg yolk
- 2 tsp vanilla extract
- 1 1/2 cups dark chocolate

### INSTRUCTIONS

1. Preheat the oven to 350 degrees F.
2. In a large bowl, whisk together the oats, flour, yeast, flaxseed, baking powder, soda, cinnamon and salt.
3. Beat the butter and coconut oil until creamy. Add in the sugar and beat until fluffy, about 4-5 minutes. Add in the egg and egg yolk, beating until combined, about 2-3 minutes. Add in the vanilla extract and beat until combined. Gradually add in the dry ingredients, beat until just combined. Stir in the chocolate chips until they are evenly dispersed.
4. Scoop into 1-inch rounds and place on a baking sheet ~2 inches apart. Bake for 10-14 minutes or until the bottoms are just golden.

### References

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2. American College of Obstetricians and Gynecologists | Breastfeeding Your Baby Frequently Asked Questions | [www.acog.org/womens-health/faqs/breastfeeding-your-baby](http://www.acog.org/womens-health/faqs/breastfeeding-your-baby)
3. Academy of Nutrition and Dietetics | RD Resources for Consumers | Vegetarian Diets During Lactation [e-lactancia.org/media/papers/Vegetarian\\_diets\\_during\\_Lactation-AcNutDiet2010.pdf](http://e-lactancia.org/media/papers/Vegetarian_diets_during_Lactation-AcNutDiet2010.pdf)
4. Academy of Nutrition and Dietetics | Losing Weight While Breastfeeding [www.eatright.org/health/pregnancy/breastfeeding-and-formula/losing-weight-while-breastfeeding](http://www.eatright.org/health/pregnancy/breastfeeding-and-formula/losing-weight-while-breastfeeding)
5. RDN Resources for Consumers: Vegetarian Diets During Lactation [vegetariannutrition.net/docs/Lactation-Vegetarian-Nutrition.pdf](http://vegetariannutrition.net/docs/Lactation-Vegetarian-Nutrition.pdf)
6. La Leche League USA | Caffeine and Breastfeeding | <https://lllusa.org/caffeine-and-breastfeeding/>