

Healthy snack ideas for lactating mothers

Snacks will help you keep your energy up throughout a busy day with your baby.

Nuts

One serving is a handful. Walnuts, almonds, cashews, and pistachios are all a great choice.

Fruit

Apples, apricots, grapes, berries and mandarin

Dried fruits

Figs, dates

Vegetables

Chopped carrots, bell peppers and celery with healthy dips. (Try with hummus, Tahini or yoghurt-cucumber dip).

Healthy grab and go snacks

Edamame and corn Wraps, pitas and sandwiches : choose oat or whole grain breads

Smoothies

Add leafy greens, Chia seeds, Oat milk and other nutritious foods to your smoothies.

Cheese

Cubes or "string cheese"

High-quality granola or energy bars

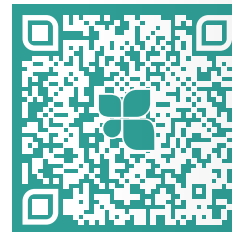
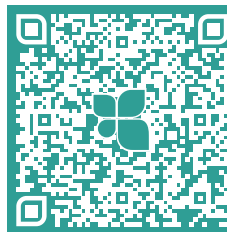
Be sure to read the labels and make sure that sugar isn't the first ingredient.

Healthy bakery treats

whole-grain muffins and bagels all a great choice.

Yoghurts

Plain Greek yoghurt, add your own fruits or toppings.



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Lactating Mother Diet

With Compliments of the
Nutrition Department

Why breastfeeding is the best source of nutrition?

- ◁ Natural nutrition source mixed with love, tenderness and disease prevention.
- ◁ Ready at any time, clean and sterile, cheap and easy to digest.
- ◁ The components of mother's milk change at each stage in line with the development of the functions of the infant's organs, and the increasing nutritional needs of the infant.
- ◁ Mother's milk is secreted in quantities that respond to the extent of the child's appetite for food.
- ◁ Breast milk nourishes the infant with antibodies that increase its immunity against infectious diseases and childhood diseases.

Is there a diet plan I have to follow while breastfeeding?

- ◁ A mother who breastfeeds her child need to consume a healthy meal plan providing a variety of nutrients and vitamins!

A balanced meal plan is key.



I’m a lactating mother, how often should I eat?

- ◁ A nursing mother needs to eat more food to provide her with about 400 calories per day above the daily requirement.
- ◁ A nursing mother needs to eat an additional amount of protein of 20 grams per day.
- ◁ The meals of a nursing mother should be varied and contain a balanced intake of all the food groups.

As a breastfeeding mother, will I need additional nutrition supplement?

Talk to your GYNE doctor before using any supplements.

A multi nutrient supplement can be considered OR

You can opt for iron supplements if the level of iron in the blood is low, as these supplements can help greatly to relieve your fatigue.

NUTRITION RECOMMENDATIONS

BE SURE
to include adequate fluid intake.

BE SURE
to include adequate protein intake.

LIMIT
your intakes of sugar, salt and fat.

LIMIT
your intake of caffeine to maximum 2cups per day

INCLUDE
varied food servings from the 5 food groups.

Food group	Example of a serving
Grains	1 slice Bread ½ cup Rice ½ cup Pasta
legumes	½ cup cooked legumes (chickpeas, beans , lentils)
Non starchy- Vegetables	1 cup cooked 1 cup juice 2 cups leafy vegetable
Fruits	1 medium fruit ½ cup juice ½ cup dried fruits
Dairy	(30 g) cheese OR 1 cup milk or 1 cup yogurt
Protein	(90g) animal protein (fish/chicken/meat) 1 Egg 1 table spoon nut butter (peanut, almond, cashew)

Lactating boosting nutritious foods

- ◁ staying hydrated
- ◁ Base your meals around whole grains
- ◁ High source Protein foods
- ◁ Oatmeal as well as oat milk!
- ◁ Barley
- ◁ Fennel seeds , hemp seeds , Fenugreek seeds
- ◁ Leafy green vegetables

