



Nutrition for healthy breastfeeding

Breastfeeding provides babies with essential nutrients for growth and development. One of the most frequently asked questions among nursing mothers is whether they should change their diet, the number of daily calories or if they should avoid foods that may affect their baby.

During lactation, having a varied and balanced eating plan is important. This can help stimulate breast milk production and meet the mother's needs. Here are some recommendations while breastfeeding:

Calories	Protein
<ul style="list-style-type: none"> • More than 500 the first 6 months of exclusive breastfeeding. • More than 400 from the seven month if you combine breastfeeding with infant formula. • No less than 1,800 calories a day. 	<ul style="list-style-type: none"> • From 0 to 6 months of exclusive breastfeeding at least 65 grams per day. • From 6 to 12 months (during weaning) at least 62 grams per day.
Vitamins	Minerals
<ul style="list-style-type: none"> • Vitamin D: 200 IU (5 µg)/day without sun exposure. • Folic Acid: 500 µg/day. 	<ul style="list-style-type: none"> • Calcium: over 18 years old 1000 mg/day and under 18 years old 1300 mg/day. • Iron: 15mg/day

You should drink fluids often, before you feel thirsty. At least 64 to 96 ounces a day. Preferably water, limit caffeinated beverages, juices, and beverages high in or with added sugar.



For a healthy diet follow these recommendations:

- Select lean animal and vegetable proteins: low-mercury fish and shellfish (sardines, sea bass, hake, shrimp), skinless poultry, meats, eggs, low-fat dairy (milk, cheese, and yogurt), legumes (beans, lentils, chickpeas), soybeans, tofu, nuts, and seeds.
- Include a variety of whole grain or whole grain products (oatmeal, bread, cookies, pasta, cereal, pancake flour, among others).
 - Eat fresh or frozen fruit, preferably non-citrus (lemon, grapefruit, Chinese). Prefer fruits like apple, pear, grapes, peach, strawberries, papaya, mango.
- Eat vegetables with intense colors.
 - When consuming fruits and vegetables, wash them well to reduce pesticide residues.
- Your doctor will likely recommend that you continue taking prenatal vitamins.



It is important to limit or avoid foods and drinks that can pass into breast milk and have adverse effects or changes in the taste of the milk. To determine the relationship between your diet and your baby's behavior, write down all the foods and drinks you consume in a diary and include in your notes if your baby experiences any reactions.

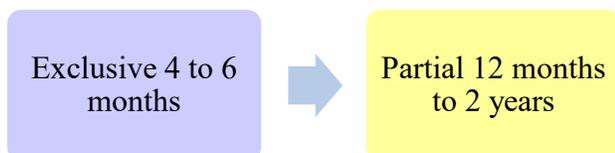
If you suspect any food or drink you are consuming is affecting the baby, avoid it for a week and watch for changes in the baby's behavior. Consider eliminating derivatives of cow's milk, eggs, soy, wheat, tree nuts and peanuts.

Avoid alcohol consumption while breastfeeding. There is no level of alcohol in breast milk that is considered safe for a baby. If you decide to drink alcohol, do not breastfeed until the alcohol has completely disappeared from the milk; this may take 2-3 hours.

Monitor and control the amount you consume of the following foods, as it can disturb or confuse the baby's sleep:

Sugar substitutes	Strongly flavored foods or spices
*No more than 2-3 ounces of caffeinated beverages per day	Herbal teas or supplements
Spicy or highly seasoned foods	Gas-producing foods (onion, cabbage)

Recommended time for breastfeeding



According to the World Health Organization (WHO), **exclusive breastfeeding** refers to when feeding is only through breast milk without any other solid liquid supplement, including water. **Partial breastfeeding** refers to the combination of breast milk with formulas, cereal, water, and other foods offered by bottle.

Benefits for the baby:

- Guarantees fresh and safe milk.
- It has the right amounts of carbohydrates, protein, and fatty acids.
- It provides antibodies that protect it.
- Less likely to get sick and suffer from the following:
 - Allergies
 - Ear infections
 - Gas, diarrhea or constipation
 - Skin diseases
 - Stomach or intestinal infections
 - Respiratory diseases
 - Less risk of diabetes, obesity, sudden death syndrome, dental caries.
 - Promotes the good development of jaws, teeth, and speech patterns.
 - Increases cognitive function.
 - Increase bond with mother.

Benefits for the mother:



- It creates mother-baby affective bond, which favors the development of self-esteem, healthy personality, and high levels of intelligence.
- Quick recovery after childbirth and burn extra calories allowing you to regain your pre-pregnancy weight.
- Prevents postpartum depression.
- Helps the uterus return to normal size.
- Reduces postpartum bleeding.
- Reduces the risk of diseases:
 - Cardiovascular
 - Type 2 diabetes
 - Certain types of breasts and ovarian cancer.
 - Osteoporosis
- Delays the start of the menstrual cycle.
- Self-esteem in the maternal role.
- You don't need to prepare or mix formulas.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD: 1-844-347-7804

APS Healthcare

787-641-9133

References: <https://www.mayoclinic.org/es-es/healthy-lifestyle/infant-and-toddler-health/expert-answers/breast-feeding-and-alcohol/faq-20057985>

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