

WHAT TO EAT WHEN BREASTFEEDING

NUK

Breastfeeding is balm for your soul and provides everything your baby needs – but it also takes a lot of energy. It's perfectly normal to lose a bit of weight and break down some fatty tissue when breastfeeding, but dieting is not recommended. It is important to eat regularly and to follow a varied, balanced diet, especially when breastfeeding. These tips will help you put this into action:

Drink plenty and drink regularly

- Your requirement for fluids is higher than usual when you are breastfeeding. If you tend to drink too little, get into the habit of drinking a glass of water whenever you are breastfeeding.
- Suitable drinks are water or very dilute fruit juices; you should limit herb teas (including lactation teas) to two or three cups a day. (If you have questions about this, consult your pharmacist.)
- By all means enjoy one cup of coffee or black tea a day, ideally after breastfeeding; otherwise avoid any drinks containing caffeine (coffee, black and green teas, coca cola, energy drinks).
- You should give up alcohol completely when breastfeeding.

Be selective with animal-based foods

- Eat and drink milk and dairy products every day.
- Two portions of salt-water fish a week, preferably oily fish like salmon or herring, will supply your recommended intake of omega-3 fatty acids (200 mg/day).
- You should not eat more than two or three portions of lean meat and low-fat sausage per week.

Food supplements

Use iodized salt for preparing food and give preference to foods prepared using iodized salt. You can also take iodine in tablet form (100 mg/day), though if you suffer from thyroid disease, talk to your doctor before doing so.

Good to know

All foods are basically allowed when you are breastfeeding. It is not sensible to cut out certain foods, even to prevent allergies. Your baby may react to specific foods from time to time - with wind or nappy rash, for example. These reactions vary significantly from child to child. In the interests of a varied and balanced diet, however, you should not cut out these foods from the outset, but only if your baby really reacts to them – so experiment with caution to start with!

- These foods might cause **tummy ache** or **wind** in your baby: vegetables of the cabbage family, garlic and onions, legumes, stone fruit and also chocolate.
- **Nappy rash** or **skin irritation** may be caused by citrus fruit, kiwis, strawberries, tomatoes and mixed fruit juices (multivitamins), for example.
- If your baby is at risk of allergies (because you, the father or siblings have an allergy), a balanced, varied diet is still the best choice.

Tip: If you are anxious about the risk of allergies, the best idea is to speak to your midwife or paediatrician.

Prioritize vegetable-based foods

- Wholegrain bread, cereal products such as rice, pasta, nuts or quinoa, potatoes, vegetables, salad and fruit should all feature in your daily meal plan.
- Use vegetable oils like rapeseed oil for cooking.



Tip:

Finely-chopped vegetables such as carrots, cucumber, sweet pepper or kohlrabi are quick to prepare and make a perfect side dish for lunch or dinner. As a snack, why not try two portions of fresh fruit a day or a handful of trail mix?