

Healthy breastfeeding diet

Your breastfeeding diet affects your baby almost as much as you. So, here are a few recommendations to consider including what to eat and what not to eat when breastfeeding.

- ✧ Try and eat a well-balanced diet that includes plenty of fibre.
- ✧ When it comes to fruit and veg, keep eating at least five portions a day.
- ✧ Limit caffeine when breastfeeding as it may keep baby awake.
- ✧ It's best to avoid drinking alcohol and breastfeeding altogether.
- ✧ If you're exclusively breastfeeding you may need up to an extra 330 calories of healthy food a day for the first six months. The exact amount needed will vary from one mother to another.
- ✧ Drink 6-8 glasses of fluids a day. When breastfeeding, have a drink by your side.
- ✧ Eat lots of protein rich food such as lean meat, chicken, eggs, nuts, seeds and pulses which are good sources of iron.
- ✧ Eat dairy or suitable plant-based substitutes, for calcium and protein.
- ✧ Take a daily breastfeeding supplement with 10 micrograms of vitamin D.
- ✧ Avoid eating fish high in mercury such as shark, swordfish and marlin.
- ✧ Oily fish such as mackerel are OK but no more than 2 portions a week.
- ✧ Prepare healthy nibbles before you go to bed to snack on during night feeds.