

What Should I Eat?

For Breastfeeding and Non-Breastfeeding Moms



	Fully Breastfeeding	Partial Breastfeeding	Non-Breastfeeding	Remember To...
Vegetables	3 Cups	3 Cups	2 1/2 Cups	Make half your plate fruits and vegetables. Choose a variety. Eat more dark-green and red and orange vegetables and beans and peas.
Fruits	2 Cups	2 Cups	2 Cups	
Grains	8 Ounces	7 Ounces	6 Ounces	Make at least half your grains whole. Choose whole instead of refined grains.
Protein	6 1/2 Ounces	6 Ounces	5 1/2 Ounces	Vary your protein food choices. Include seafood, beans, peas, and unsalted nuts and seeds.
Dairy	3 Cups	3 Cups	3 Cups	Replace higher fat milk and milk products with fat-free or low-fat options.

VEGETABLES
1 Cup of Vegetables =

- 1 cup or raw or cooked vegetables or 100% vegetable juice
- 2 cups raw leafy vegetables

FRUITS
1 Cup of Fruits =

- 1 cup fruit or 100% fruit juice
- 1/2 cup dried fruit

GRAINS
1 Ounce of Grains =

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked pasta, rice, or cereal

PROTEINS
1 Ounce of Protein =

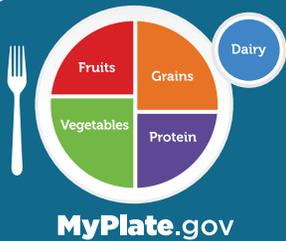
- 1 ounce lean meat, poultry, or seafood
- 1/2 cup cooked beans
- 1/2 ounce nuts or 1 egg
- 1 tablespoon peanut butter

DAIRY
1 Cup of Dairy =

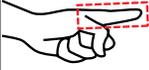
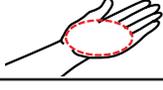
- 1 cup dairy milk
- 8 ounce yogurt
- 1 1/2 ounces natural cheese
- 2 ounces processed cheese

Tips for Breastfeeding Moms

- Talk with your doctor before considering drinking alcohol while you are breastfeeding.
- After pregnancy, continue to take your prenatal vitamin during breastfeeding.
- Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, or swimming.
- Seafood is part of a healthy diet. Omega-3 fats in seafood can have important health benefits for you and your baby. Eat at least 8 and up to 12 ounces of a variety of seafood each week from choices that are lower in mercury. Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week. Do not eat tilefish, shark, swordfish, and king mackerel since they are highest in mercury.
- Your need for fluids increases while you are breastfeeding. You may notice that you are thirstier than usual. Drink enough water to quench your thirst.



Serving Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (String Cheese)			Pointer Finger 1 1/2 Ounces
Milk and Yogurt (Glass of Milk)			One Fist 1 Cup
Vegetables			
Cooked Carrots			One Fist 1 Cup
Salad (Bowl of Salad)			Two Fists 2 Cups
Fruits			
Apple			One Fist 1 Medium
Canned Peaches			One Fist 1 Cup
Grains: Breads, Cereals, Pasta			
Dry Cereal (Bowl of Cereal)			One Fist 1 Cup
Noodles, Rice, Oatmeal (Bowl of Noodles)			Handful 1/2 Cup
Slice of Whole-Wheat Bread			Flat Hand 1 Slice
Protein: Meat, Beans, Nuts			
Chicken, Beef, Fish, Pork (Chicken Breast)			Palm 3 Ounces
Peanut Butter (Spoon of Peanut Butter)			Thumb 1 Tablespoon