Healthy Eating for New Moms

It is important for new moms to take care of themselves, so that they can better take care of their families. New moms should take time to eat healthy, stay well hydrated, get plenty of rest and be active.

Healthy Eating Tips[1](https://www.healthunit.com/breastfeeding-food-and-healthy-eating#reference_1)

Follow [Canada's Food Guide](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) and include foods from all four food groups.

* Include foods from at least 3 food groups at meals and at least 2 food groups at snacks.

Breastfeeding moms need more calories and nutrition.

* Add 2 or 3 extra food guide servings every day.

Include healthy fats at your meals and snacks.

* Have 30-45 ml (2-3 Tbsp.) of healthy fats like non-hydrogenated margarine, non-creamy salad dressings, or vegetable oils such as canola, olive or corn daily.



Eat foods rich in omega 3 fats.

* Include at least 2 servings of fatty fish, such as salmon, mackerel, Atlantic herring, whitefish and trout per week.
* Include foods fortified with omega 3 fats, such as eggs, yogurt and milk.
* Algae are also a source of omega 3 fats. Speak with your health care provider about omega 3 fish oil supplements.

Keep [healthy snacks](http://healthunit.com/quick-meals-and-snacks) available.

* Have ready to eat snacks available to help keep your body well nourished. Cut fruits and vegetables and store in the fridge for easy snacking. Other ideas include yogurt, cheese, nut butters, whole grain crackers and hummus.

Try to drink about 3 L of fluid per day.

* This will help keep your body well-hydrated and will help with your milk supply, if you are breastfeeding.
* Unflavoured milk, unflavoured fortified soy beverage, water, coffee, tea and soup are all good fluid choices.

Limit your caffeine intake while breastfeeding.

* Caffeine is a stimulant and passes into breast milk.
* Up to 300 mg of caffeine is considered safe during pregnancy and breastfeeding. It is safe to have up to 2 cups (500 ml) of coffee or 6 cups (1500 ml) of tea per day.
* Caffeine is also found in chocolate and cola.
* Some [herbal teas](http://www.phac-aspc.gc.ca/hp-gs/know-savoir/caffeine-eng.php) may have harmful effects and many are not safe to drink while breastfeeding.

Avoid or limit alcohol.

* When a breastfeeding mother drinks alcohol, it enters into her breast milk. There is no safe level of alcohol for baby in breast milk. However, an occasional drink is not a reason to stop breastfeeding.
* If you decide to drink alcohol, feed your baby first or offer your baby milk that you pumped earlier. It will take 2-3 hours for the alcohol in one drink to clear out of breast milk.

 Continue to take a multivitamin and mineral supplement that contains folic acid.

* You can use prenatal supplements or a regular multivitamin and mineral supplement.

Avoid trying to lose weight while breastfeeding.

* It’s not a good idea to try to lose a lot of weight while you are breastfeeding.
* While breastfeeding, excessive restrictions on how much you eat and which foods you eat may cause your milk supply to decrease.
* Eat according to your appetite and pay attention to your feelings of hunger and thirst.

 If you have any concerns about breastfeeding, contact your health care provider for more information.

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Resources

* *↗*[Caffeine and Pregnancy](http://www.phac-aspc.gc.ca/hp-gs/know-savoir/caffeine-eng.php)
* *↗*[Canada's Food Guide](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)
* *↗*[How to make Healthy Choices While Breastfeeding](http://www.eatrightontario.ca/en/Articles/Breastfeeding-Infant-feeding/How-to-make-healthy-choices-while-breastfeeding.aspx)

1Dietitians of Canada. (2015). *How to make healthy eating choices while breastfeeding.* Retrieved from   
<https://www.eatrightontario.ca/en/Articles/Breastfeeding-Infant-feeding/How-to-make-healthy-choices-while-breastfeeding.aspx> `1