

## [BREASTFEEDING DIET MENU LOSE WEIGHT](#)



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Keep weight loss at less than 1.5 pounds per week Most moms can safely lose up to 1.5 pounds per week or 6 pounds per month after the second month and not affect milk supply or baby s well being. One study has suggested that short-term weight loss of 2.2 pounds (1 kg) per week is not a problem (in this study, moms dieted for 11 days).

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### **The Breastfeeding Friendly Diet Helping Mums Lose Weight**

P.S if you are looking for healthy eating and weight loss plans all Healthy Mummy Plans are safe in breastfeeding Weight Loss Results. Mums have incredible results on our plans. Whether mums have 50kg or 5kg to lose we can help.

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The best plan: Lose your pregnancy weight gradually. Plan to take up to a year to get back to your pre-pregnancy weight. Don't try to lose weight by dieting until at least two months after your baby is born. A reduced-calorie diet in the first couple of months could sap your energy and diminish your milk supply.

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Know the safest ways to lose the baby weight while you're breastfeeding. Get tips that fit in with your schedule and won't harm your milk supply.

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