

[NUTRITION FOR BREASTFEEDING MOMS](#)



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Postnatal Health and Nutrition for Breastfeeding Moms

As a breastfeeding mom, you can't just think about yourself. When it comes to eating and your overall health, you need to think about the little one who gets all their nutrients from you.

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It isn't always easy to get all the nutrition that you need. When you're a mom, whether you have a newborn or toddler, you're busy and tired. Plus, if you don't have much help, it can be tough to take care of all you have to do in a day.

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Breastfeeding Nutrition gov

MyPlate Information for Moms and Moms-To-Be. USDA. Center for Nutrition Policy and Promotion. When you are pregnant or breastfeeding, you have special nutritional needs.

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Nutrition Basics for Breastfeeding Moms A Mom's Take

We know that new moms have a lot on their plates, but a new study shows they need to pay more attention to what's on their plates. The diet of many nursing women may not contain enough of certain key nutrients for their baby. A study of lactating women found that, subjects consumed 50%

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Nutritional Needs While Breastfeeding Choose MyPlate

While you are breastfeeding, your need for fluids increases. You may notice that you are thirstier than before. Drink enough water and other fluids to quench your thirst.

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Nutrition for Breastfeeding Moms UAMSHealth

Nutrition for the Breastfeeding Mom Healthy and Well Balanced Diet. Increase your daily calorie intake by approximately 500 calories per day. Stick to a diet with plenty of vegetables, fruits, meat, dairy and water.

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Diet for a healthy breastfeeding mom BabyCenter

Don't count calories. There's no single answer to how many calories a nursing mom needs. But in general, most women who are breastfeeding need about 500 calories more than moms who aren't that's a total of 2,000 to 2,500 calories per day.

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