



Daily Nutritional Needs During Breastfeeding

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NUTRITIONAL NEEDS	BENEFITS	COMMON FOODS
> 500 added calories	replenish energy, recovery, wound healing, establish and maintain milk supply	organic, whole foods whenever possible
1 oz fluid per 1lb body weight	replace lost fluids during birth, establish and maintaining milk supply	warm liquids, herbal teas, broth, water
80-100 grams protein	speeds healing, promotes collagen, enrich breast milk	animal products, dairy, eggs, cheese, soybean curd, beef, poultry, organ meats, fish
calcium/phosphorus	maintains maternal bone content	almonds, broccoli, collard greens, kale, olives
vitamin B12 and all other B vitamins	all B vitamins directly impact milk concentrations, especially B12, deficiency in B12 can cause irreversible brain shrinkage in infants	meats, fish, poultry, egg yolks, legumes, nuts, whole grains, nutritional yeast
550 mg choline	infant brain development	eggs, organ meats, nutritional yeast
fatty acids/DHA	brain and vision boosting, protects against postpartum depression	fish, seafood, grass fed beef, eggs, algae, animal fats



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vitamin A	infant growth, immune system development	animal fats, butter, ghee, lard, tallow, fish
6400 IU vitamin D	increased vitamin D levels in breastfed infants, prevent rickets	salmon, egg yolks, fortified products, sunlight
> 290 mcg iodine	infant thyroid health	seaweed, eggs, dairy, seafood
vitamin K	blood coagulation	green leafy vegetables, egg yolks, cauliflower, soybeans, alfalfa sprouts
selenium	protects against SIDS, essential in production of glutathione which increases antibody response	tuna, nutritional yeast, wheat germ, whole grains, sesame seeds

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