

POSTNATAL NUTRITION

Eating a variety of healthy foods from the 5 food groups can:

- ✓ Speed up your recovery
- ✓ Boost your energy
- ✓ Support your wellbeing

Avoid eating foods high in saturated fat, added sugar and salt to support your energy levels.

What to eat when breastfeeding?

When breastfeeding, your body needs more energy. This is equivalent to an extra tuna and salad wholemeal sandwich, tub of yoghurt and piece of fruit per day.



Aim to eat extra fibre-rich foods, such as wholegrains, legumes, fruit and vegetables.

Your requirements also increase for key nutrients to support your baby's brain development, nervous system and build healthy red blood cells.

Iodine

Fish*, seafood, seaweed, iodised salt, and iodised bread.



Choline

Eggs, meat, chicken, dairy, tofu and soybeans.



Omega 3 fats*

Salmon, tuna, canned tuna in oil, sardines, anchovies, octopus, nuts and seeds.



Vitamin B12

Dairy products, red meats, poultry, seafood*, eggs and fortified milk. If you follow a vegan diet, speak with your doctor about supplementation.



*** Aim to eat 150g of fish low in mercury 2-3 times per week, including mackerel, canned salmon or tuna in oil, snapper, bream.**

(NSW Government Food Authority)



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Drinks when breastfeeding

- ✓ Aim to drink **9 cups of water per day** to stay hydrated.
- ✓ Try to limit your caffeine intake to 1 espresso **OR** 4 cups of tea **OR** 1 energy drink per day.
- ✓ Avoid alcohol as it passes into your breast milk.

Quick and easy meal ideas:

- Trail mix (nuts, dried fruit, dried yoghurt)
- Popcorn
- Fruit
- Vegetable sticks and dip (hummus, tzatziki)
- Brown/basmati rice with canned tuna and salad
- Frozen mixed vegetables with canned tuna
- Boiled eggs
- Pasta and tuna
- Chickpea and couscous salad
- Italian salad with tuna (brown rice and vegetables)
- Low-fat yoghurt with fresh/frozen/canned fruit
- Wholemeal crumpets with ricotta cheese and honey
- Apple with peanut putter
- Smoothies- add fruit, vegetables, nuts, oats and/or seeds for extra nutrients
- Frittata
- Roasted broad beans/chickpeas
- Nut/muesli bars
- Corn thins with cheese, tomato OR peanut butter and banana
- Chicken, avocado and tomato sandwich
- Wraps with hummus, lean protein and salad
- Porridge or oats with fruit



For more information visit:

[Mercury & fish](#)

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