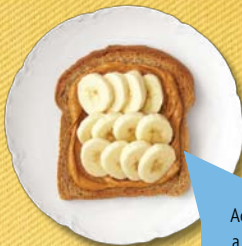




HEALTHY SNACK IDEAS FOR BREASTFEEDING

Eating a healthy diet including adequate calories while breastfeeding helps you produce milk for your little one to grow, while also helping you maintain the strength and energy to care for your new baby*. Your body needs about 500 calories more per day than it did before you became pregnant. Here are some snacks, around 250 calories each, that will help supply energy and some important nutrients during breastfeeding, including protein, calcium, and fiber.



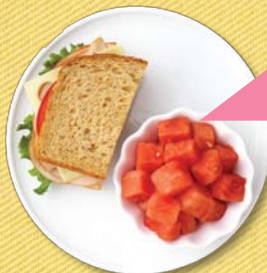
1 slice whole wheat toast topped with 1 tbsp peanut butter and 1 medium banana, sliced (260 cal.)

Adding peanut butter to any snack is a great way to get protein. Protein is important for proper muscle and brain development of your newborn.

1/8 cup chopped walnuts sprinkled over 6 oz low-fat strawberry yogurt (264 cal.)



This snack provides almost as much calcium as an 8-oz glass of milk. Adequate calcium intake when breastfeeding keeps your body from drawing calcium from your bones.



This is a good source of iron, protein, fiber, and Vitamin A. Vitamin A helps with the healthy growth of cells and tissues.

1 cup diced watermelon with 1/2 a turkey sandwich (1 slice whole wheat bread, 2 oz deli turkey breast, 1/2 oz Swiss cheese, 1 tomato slice, 1 lettuce leaf, 1 tsp mustard, 1 tsp light mayonnaise) (247 cal.)

2 oz tuna mixed with 2 tsp light mayonnaise; serve with 6 whole grain crackers and 1 cup raw zucchini and carrot disks (252 cal.)

Tuna** is a food source of DHA, which is associated with healthy brain development in babies. Consuming salmon, pollock, and canned light tuna while breastfeeding increases the level of DHA in your breastmilk.



1 oz wheat pretzels dipped in 3 tbsp hummus; 1 nectarine, sliced (254 cal.)

You'll get a good dose of fiber in this snack. Fiber helps prevent constipation, which can occur as your body adjusts post-pregnancy.



Grocery list

PRODUCE

- watermelon
- banana
- nectarine
- zucchini
- carrots
- tomato
- lettuce

GRAINS

- wheat pretzels
- whole grain crackers
- whole wheat bread

MEAT

- tuna
- sliced turkey breast

DAIRY

- low-fat strawberry yogurt
- swiss cheese

MISC.

- peanut butter
- walnuts
- hummus
- light mayonnaise
- mustard

* An estimated average calorie need for a non-pregnant, non-breastfeeding woman is around 2,200 calories per day. Talk with your doctor about the diet that's right for you.

** Consume Albacore ("white") tuna only once per week.