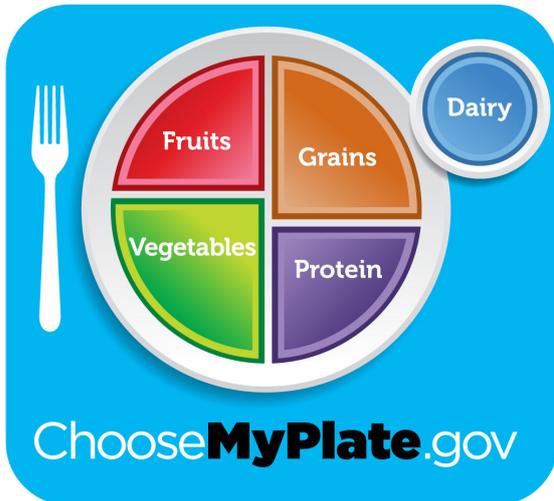


Postpartum Nutrition

Your Nutritional Needs as a New Mom



MyPlate is a great guide to use for planning and portioning your meals. Mothers who are breastfeeding will have increased needs compared to those who are not breastfeeding.

Visit <https://www.choosemyplate.gov/MyPlatePlan> to calculate your own unique nutrition needs!

It's recommended to make half your plate fruits and vegetables, a quarter lean protein, and the other quarter should be made up of grains. When choosing grains, make at least half of them whole grains. A balanced diet should also include low fat dairy. See the chart below for specific daily servings of each food group.

	Breastfeeding	Breastfeeding + formula	Postpartum	Examples of Servings
Grains	8 oz	7 oz	6 oz	1 oz = 1 slice bread, 1/2 C cooked pasta, rice, or cereal, 1 C ready to eat cereal
Dairy	3 Cups	3 Cups	3 Cups	1 serving = 1 C milk, 8 oz yogurt, 1.5 oz cheese
Vegetables	3 Cups	3 Cups	2.5 Cups	1 serving = 1 C fresh or cooked veggies, 2 C raw, leafy veggies
Fruits	2 Cups	2 Cups	1.5 Cups	1 serving= 1 medium piece of fruit, 1/2 large fruit, 1 C canned, fresh, or frozen fruit
Protein	6.5 oz	6 oz	5 oz	1 oz = 1 oz lean meat, 1 large egg, 1 T peanut butter, 1/3 C unsalted nuts

Source: <https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

Quick, Healthy Snack Ideas

- Trail mix
- Veggies and hummus
- Yogurt and granola
- Apples and nut butter
- Energy bites (see recipe)
- Fruit and low-fat cottage cheese
- Chips and salsa
- Hard-boiled egg
- Smoothie
- Ranch dip with veggies
- Cherry tomato & mozzarella basil bites (see recipe)

Recipes

No-Bake Energy Bites

Yield: 24 Energy Bites



Recipe adapted from AllRecipes.com

Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

Per serving (1 energy bite): 94 calories, Total fat: 5.3 g, Saturated fat: 1.0 g, Sodium 28 mg, Carbohydrates: 10.6 g, Dietary Fiber: 1.9 g, Protein: 2.5 g

- 1 C rolled oats
- 1/2 C semi sweet chocolate chips
- 1/2 C ground flax seed
- 1/2 C crunchy peanut butter
- 1/3 C honey
- 1 t vanilla extract

Cherry Tomato & Mozzarella Basil Bites

Yield: 2 Bites



Wash tomatoes, place tomatoes and cheese on a small plate. Drizzle with extra virgin olive oil. Top with shredded basil leaves for flavor.

Per serving (2 bites): 104 calories, Total fat: 7.3 g, Saturated fat: 3 g, Sodium 179 mg, Carbohydrates: 2.4 g, Dietary Fiber: 0.4 g, Protein: 7.2 g

- 5 Cherry Tomatoes
- 2 one-ounce fresh mozzarella cheese balls
- 1 T extra virgin olive oil
- Fresh basil leaves, shredded

Reliable Resources

<https://www.choosemyplate.gov/MyPlate>

<https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

<https://www.choosemyplate.gov/MyPlatePlan>

<https://www.womenshealth.gov/>

<https://whatscooking.fns.usda.gov/>