

NURSING NUTRITION

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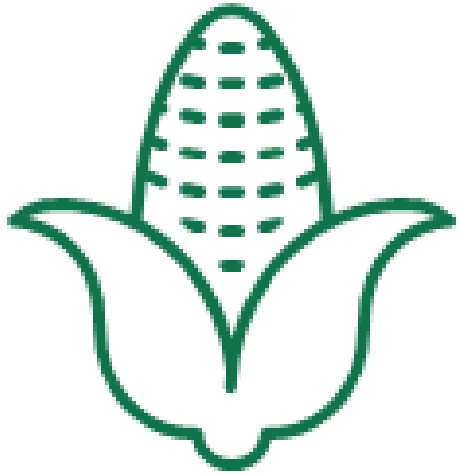
Should I Change My Diet When Nursing?



- ▶ **Eating well is extremely important during your nursing journey**, but not for the reasons you may have been told.
- ▶ Contrary to popular belief, a healthy diet and regular exercise does more to directly impact your overall health and your parenting success than to impact nutrient transfer to your infant.



Malnourished women make adequate amounts and quality milk!



- ▶ The great news about this is that your baby will very likely be getting the nutrients they need from your milk, provided they are nursing frequently. This is because your amazing body will transfer nutrients from what is available from your diet, your, fat, blood, and your bones!
- ▶ The downside is that without a balanced diet your body will continue to prioritize your baby's needs ahead of its own, depleting your stores. When this depletion of resources occurs in our bodies, we begin to feel weak, tired, we loss bone mass, and we make parenting choices based on these feelings that we would not make if we were at our peak of nutrition and rest. Well nourished mothers hold their babies more, play with their babies more, and have longer durations of exclusive breast feeding or breastfeeding at all.



Nursing Nutrition 101

- ▶ Drink 8.5 to 12.5 cups, of water per day.
- ▶ Continue your prenatal vitamins. Keep the DHA & folate coming!
- ▶ Gobble up calcium containing foods. Dairy and dark leafy greens are a good start.
- ▶ In general, 3 cups of dairy daily is recommended.
- ▶ Eat at least 2 cups of fruits and 2 ½ cups vegetables per day. Variety helps, I recommend 4 different fruits and 5 different vegetables daily. This ensures you receive a variety of nutrients and makes it easier to sneak in small amounts of varieties that are not your favorites yet.
- ▶ Eat 5-6 oz equivalents of protein a day. I recommend 30% of your daily protein at breakfast to start the day strong. What does 1 oz equivalent mean? 1 ounce of meat, poultry, or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds are considered to be 1 ounce-equivalents of protein.
- ▶ Eat 6 oz equivalents of grains and make at least half of them whole grains. What's 1 oz equivalent? 1 slice of bread, 1 cup cold cereal, or ½ cup of cooked rice, cooked pasta, or hot cereal are considered to be 1 oz equivalents of grains.





Myths Debunked: Caffeine



- The caffeine intake of the mother does not directly relate to the amount of caffeine in her milk.
- Mother's caffeine intake does not impact sleep in the infant.
- However, this is not true during pregnancy. Caffeine intake during pregnancy should not exceed 250 mg daily. I recommend limiting this even further during pregnancy, because caffeine can build up in the fetal blood stream.

To help you make your personal choices....

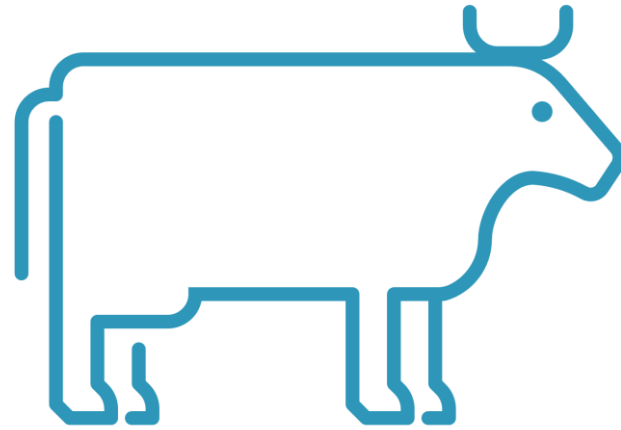
Here are some averages for an 8oz cup;

- Green tea has 5 - 25 mg
- Coffee has 95 -165 mg
- Soda has 30 – 80 mg
- Fraps, Caps, & Lattes 95 -185 mg
- “Energy Drinks” should be avoided during pregnancy and lactation! This is due more so to ingredients other than the caffeine....



Cow's Milk & Colic

- Cow's milk is the only known substance to interfere with colic symptoms. The current recommendation is to discontinue cow's milk in the mother's diet if the infant is having colic symptoms.
 - It can take up to 15 hours after the mother consumes cow's milk, and nurses, before the infant shows colic symptoms.
 - It can take 10 days for the colic symptoms to clear up after the mother has eliminated cow's milk from her diet.

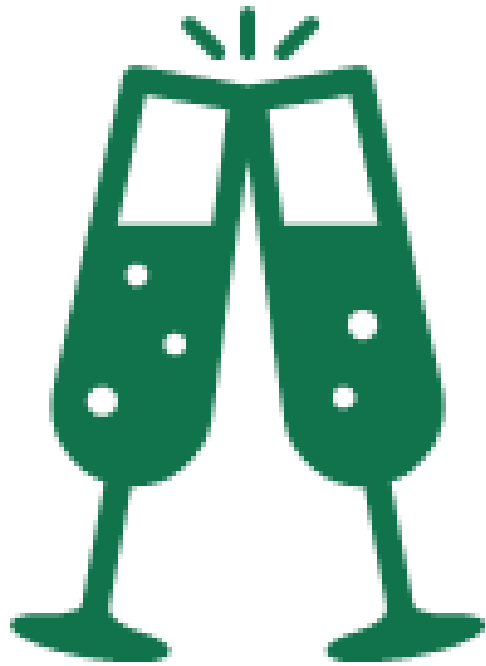


Tips Explained: Cow's Milk & Allergies

- Cow's milk, soy, corn, egg, and chocolate have all been linked with allergies. With cow's milk being linked to worsening other allergies.
 - Bad news some allergies can cause rectal bleeding, called proctocolitis.
 - If baby is experiencing tummy upset, gas, or bloody stools speak with a doctor right away. They can help you determine if eliminating cow's milk is needed.
 - Good news, a change in the mother's diet can relieve allergy symptoms with in 72-96 hours.
- It is not advised to avoid high allergen foods, such as peanuts, eggs, and shellfish, while nursing or even when introducing solids, new evidence supports that early introduction fights the development of allergy symptoms. If you are concerned about a high prevalence in family history, consult a doctor or registered dietitian.



Myth Debunked: Alcohol



- ▶ You may partake in the occasional alcoholic drink on your nursing journey. However, it does take careful planning.
- ▶ According to The Institute of Medicine, If alcohol is used, limit intake to no more than .5 g of alcohol per kg of maternal weight per day. For a 132 lb. woman this would equal about 2 oz liquor, 8 oz wine, or 16 oz beer. (IOM, 1991)



Alcohol During Nursing Explained

No, you do not have to pump and dump, unless you need to let out a few ounces for comfort.

Alcohol passes in and out of your milk supply as blood levels fluctuate, so dumping off the first little bit will not remove alcohol from milk supply.

You can simply wait it out, once the alcohol is completely out of your blood stream it will be out of the milk supply very shortly after.

You will need to pump ahead of time to have a bottle for your sitter or supplement if you are already supplementing with formula.

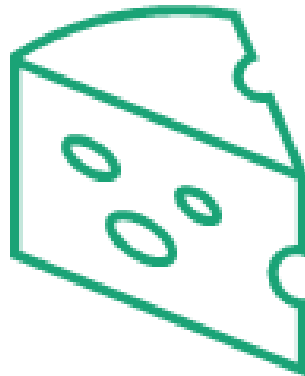
Yes, there should always be one sober person to care for baby, and in case DRIVING is needed! NO CO-SLEEPING!

Please contact myself, another CLC, or your doctor with questions.



Calcium is Vital!

- ▶ While I highly recommend you consume, **at least 4 fruits and 5 veggies per day while nursing**, it is entirely possible, and highly likely that you are producing high quality loads of milk even if you are not getting the recommended 2 cups of fruits and 2 ½ cups of vegetables.
- ▶ If you are dairy free and ready to start breastfeeding, I highly recommend you speak with a registered dietitian, your OB, or your family doctor.



Tip Explained: Calcium

- ▶ Regardless of how much calcium you are consuming in your diet, your baby's calcium needs will be met by your milk alone. This is because, your amazing body will do 3 things during pregnancy and lactation to ensure even if you don't have enough that your baby will,
 - ▶ Your intestinal calcium absorption is increased during pregnancy
 - ▶ Your kidneys will conserve the use of calcium in your body
 - ▶ Your body will pull calcium stored in your bones and send it up for milk production!

This leaves you with a 3-9% decrease in your bone density, not to worry, it will bounce right back after weaning due to a special estrogen trick up your body's sleeve.





Here's how you can get calcium in:

➤ Dairy products

- Enjoy up to 3 cups of dairy, such as milk, yogurt, or cheese a day.



➤ Dark Leafy Greens

- Remember 2 cups of greens is a serving apposed to 1 cup for most other vegetables.
- Kale, collard greens, turnip greens, spinach, mustard greens, beet greens, swiss chard, parsley, romaine, and bok choy to name a few.



Veggies

- Okra
- Butternut Squash
- Acorn Squash
- Broccoli
- Podded Peas
- Brussel Sprouts
- Green Beans



Fruits

- Citrus, such as oranges, clementines, kumquats, lemons, and limes
- Kiwi
- Apricots
- Dates
- Figs
- Plums and Prunes



Nuts & Seeds

- Almonds, Almond Butter
- Sesame Seeds, Tahini
- Chia Seeds
- Flax Seeds
- Brazil Nuts
- Hazel Nuts
- Walnuts



Eat your cultural favorites!

Taste

Babies can taste the flavors of your milk and already share your preferences due to consuming amniotic fluid. Anthropologists now believe that children are acculturated to native food flavors through mom's milk!



Myth

Spicy foods will give baby gas, or make baby refuse the breast.



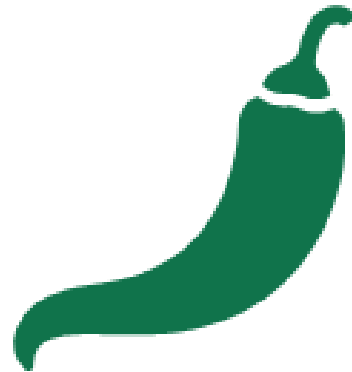
Cool Fact

Garlic has been linked with reducing colic symptoms!



Myth Debunked: Spicy Foods

- ▶ Truth; One reason for your babe to be fussing at the breast is flavor. Foods that do not taste familiar are more likely to be refused, this is true of your milk and when introducing solids.
- ▶ Not to worry, as the flavor comes out of your milk baby will be happily suckling again.
- ▶ The more often you try new foods, so does baby, so tastes become familiar.
- ▶ Longer duration of breastfeeding is correlated with a higher acceptance of food variety by age 3!





Micronutrients



- **Not to worry, baby is most likely getting enough!**
- Vitamin D passes to baby from mom during pregnancy. However, it is a common deficiency in moms and babes, so the American Academy of Pediatrics recommends that infants routinely receive 400U of vit D drops daily. **Get sunlight!**
- We cannot store water soluble vitamins for very long. Keep up your intake of magnesium, potassium, Vit C and all your B vits. Folate is the most important B vitamin during pregnancy and lactation.
<https://fb.watch/5rtrSqxcT8/>
 - Leafy greens like spinach, citrus fruits, beans, and whole grains are great sources of folate which your body uses to make folic acid.
 - Citrus fruits, and peppers are great sources of vitamin C. A red bell pepper has 3x the vit C of an orange!
- DHA is still extra important while nursing and for baby up to age 5!
- Walnuts, almonds, chi seeds, fennel seeds, fish, shellfish, beans, chickpeas, and lentils are all good sources.





Herbs and Supplements

- Taking a daily prenatal vitamin is a good idea. However, it is a one stop shop solution.
 - We only absorb about 20-30% of the nutrients in pill/capsule forms. We absorb nutrients from foods way better than supplements!
 - During your pregnancy and in the initial postpartum period your intestinal absorption is increased which helps with many fat-soluble vitamins.
 - Baby will have a vit K supplement in hospital.
- ▶ Consider vit D supplementation for you and baby. Speak with your baby's doctor.
- ▶ Fenugreek teas may cause allergic reactions, interfere with prescription meds, and they have not been shown to be effective in raising milk supply.
- ▶ **Ask your doctor before taking any herbs or supplements while pregnant and nursing.**



Happy Nursing You Amazing Mama!

- ▶ Bottom line improving your diet will help you be a healthier and more attentive parent.
- ▶ Not to worry, most current literature tells us diet does not impact the quantity or quality of your milk by very much at all!
 - ▶ Mothers near starvation in struggling countries have been shown to have milk levels and composition very close to control mothers on “perfect” diets, and mothers who have been well nourished their whole lives.

If you are struggling with milk supply; increasing water intake, and balancing your diet may help some, and it will defiantly help you feel better during this struggle.

Do not hesitate to contact a professional to work with latch, frequency, duration, and other factors that can negatively impact milk flow.



References

- ▶ Healthy Children Project; Center for Breastfeeding Lactation Counselor Training
- ▶ Pocket Guide For Lactation Management by Karen Cadwell & Cindy Turner-Maffei
- ▶ The Womanly Art of Breastfeeding by La Leche League International
- ▶ <https://www.choosemyplate.gov/>
- ▶ Picture:
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Breastfeeding Basics

June 7, 2021 @ 7 PM

GREAT FOR PRENATAL OR
POSTPARTUM
SUPPLY & DEMAND
SKIN TO SKIN CARE
LATCHING & POSITIONING
PUMPING & STORING



Register or ask questions, by emailing
Lactationlighthouse@gmail.com.