

NUTRITION FOR YOU AND YOUR BABY.

Breastfeeding is highly beneficial both for mother and for infant. For the mother, she experiences hormonal, physical, and psychosocial benefits. Oxytocin is released during breastfeeding, which minimizes maternal postpartum blood loss. The act of breastfeeding may also increase maternal self-confidence and it helps to build the bond with their infant.

For the infant, breast milk directly from their mother provides the optimal balance of nutrients. Minerals present in breast milk are more bioavailable than minerals in HMS.¹

Energy needs

For women who are lactating who are of normal-weight, the expected energy spent just for milk production is 500kcal per day for the first 6 months and it drops to 400kcal afterward.¹

“Breastfeeding is considered to be the most effective preventive means of reducing the death rate of children under five.” (p. 169)

Weight Loss

Breast feeding mechanisms favor the use of maternal fat stores, supporting weight loss, but be wary, too restrictive of a diet and the mom will see a decrease in milk volume. Studies have shown that a modest calorie restriction, about 500 kcal per day, is doable without compromising the quality of the diet and therefore, quality of breast milk.¹

Protein

Hormones in the body effect protein synthesis in breast milk more so than protein intake however, they do hold important value; both antiviral and antimicrobial effects. The low protein content in breast milk ensures that the child's immature kidneys aren't overloaded with nitrogen.¹





Fat

The fatty acid profile of human milk is reflective of the mother's variation of dietary fatty acid intake during both pregnancy and postpartum. If eating a low fat diet, the body synthesizes more medium-chain fatty acids in the breast milk. Fat values in foremilk are substantially less than in hindmilk, almost half as much.¹

DHA

DHA accumulates during the last few months of pregnancy and is essential for retinal development in a child and may effect cognitive function. Studies suggest that cod liver oil supplementation by the mother may result in higher IQ scores when breastfed as opposed to formula fed.¹



Useful Facts

Studies have shown that consumption of cow's milk, onions, cabbage, broccoli, and chocolate increase the likelihood of colic in an infant. In addition, avoiding eggs, peanuts, tree nuts, wheat, soy and fish may reduce the chance of colic symptoms.¹

Cabbage leaves may reduce discomfort and swelling associated with engorgement. Raw cabbage leaves applied directly to the breast and left until they wilt may relieve symptoms.¹

FENUGREEK has been reported to increase milk production in as little as 24 to 72 hours after consumption. It is derived from a plant in the same family as peanut and chickpea.¹

ST. JOHN'S WORT can be used as a mood stabilizer. It has been shown to be effective as an anti-depressant and have fewer side effects than antidepressant medications.¹