



# NUTRITION FOR POSTPARTUM RECOVERY WHILE BREASTFEEDING OR CHESTFEEDING YOUR BABY



**Human milk is the best food for your baby. Your milk provides the perfect combination of nutrients your baby needs, even if you are not eating a perfectly balanced diet.** However, eating a mix of nutritious foods will help you recover from giving birth, feel good, and have enough energy to care for yourself and your baby.



## EATING TO RECOVER

You may lose blood during delivery, which can affect your iron levels. Having low iron may make you feel weak or tired.

**To help your body recover:**



Eat foods high in iron, which include red meat, pork, seafood, tofu, beans, dark green leafy vegetables, and iron-fortified WIC-approved cereals.



Incorporate fruits and vegetables high in vitamin C into your diet, such as oranges, strawberries, broccoli, tomatoes, and bell peppers.

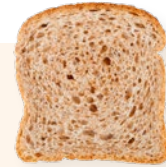
## KEEP YOUR ENERGY UP

Eating regular meals helps you have more energy.

**Eat 3 meals and 2-3 healthy snacks each day. Try to eat foods from each of the 5 food groups.**

### GRAINS

6-9 servings each day.



**Eat whole grains.** Try oatmeal, whole grain bread, tortillas, or brown rice.

### FRUITS AND VEGETABLES

5-7 servings or more each day.



**Fill half your plate with a variety of fruits and vegetables.** Choose different colors and types of produce.

### DAIRY

3 servings each day.



**Choose low-fat or fat-free dairy.** Lowfat milk, yogurt, or cheese are good options available through WIC.

### PROTEIN

5½-6½ servings each day.



**Eat foods high in protein.** Fish, eggs, beans, tofu, and peanut butter are good sources of protein which are available through WIC.



**Stay hydrated.** Drink water whenever you feel thirsty to help you feel good! Aim for 8-12, 8 ounce servings of water each day.

**You can eat most anything you want while breastfeeding or chestfeeding.** Babies love the flavors of foods which come through your milk. Spices, herbs, and natural flavors from foods such as onions and garlic can give human milk a distinct taste. As you try new foods your baby will get to try them too!



**If you have questions or concerns, talk to your WIC nutritionist, lactation consultant, or healthcare provider.**



**Keep taking your prenatal vitamins.** The nutrients within them will help you recover.

**If you have feelings of sadness, anxiety, trouble sleeping, eating, or feel disconnected from your baby, talk to your healthcare provider right away.**

## QUESTIONS?

For more information about nutrition for postpartum recovery, contact your local WIC clinic.



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