

SUNDAY MORNING HEALTH CORNER



Breastfeeding Nutrition

Mothers who have considered or decided to breastfeed their babies realize the benefits for the baby and themselves. However, there is more to think about than the benefits of breastfeeding.

To prepare for breastfeeding, it is important to consume the best foods to provide nutrients for your growing baby. Check out this recommended food list to see how your daily eating habits compare:

- *Omega 3s and Healthy Fat*
- *Vitamin C*
- *Lean Protein*
- *Calcium*
- *Iron-rich foods*
- *Fruits and Vegetables (include all leafy green and yellow options)*

Be careful to watch how you and your baby are responding to the foods you are eating and drinking. Remember to consult your doctor when making any changes to your diet that will affect you and your bundle of joy.



www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Midlothian, VA 23236
804.644.2256

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