

Difficulties During Lactation

- Hunger pranks
- Constipation
- Weight fluctuations
- Increased thirst

Food & Beverage To Avoid

- Excessive Fried food
- Processed foods
- Aerated drinks
- Bread, Rusk, Biscuits, Bun

Importance of Healthy Eating During Lactation

Lactation is a highly demanding period, more than pregnancy both physiologically and nutritionally. The 40 weeks of pregnancy are a magical time. A woman's body prepares her to meet the nutritional demands by increasing its fat deposits.

Maintaining a healthy lifestyle before, during and after pregnancy is necessary for both the baby and mother's well being.

The duration of lactation can be smooth, as long as caution, particularly in diet, is followed. homemade, unprocessed food is ideal. When it comes to beverages, there is no drink superior to water.

Important Steps to Follow for a Healthy Pregnancy

- Eating a balanced diet
- Gradual weight loss
- Enjoying regular physical activity after your doctor's opinion
- Taking vitamin and mineral supplements, as recommended by your doctor
- Avoiding alcohol, tobacco and other harmful substances



Contact Dietician (on appointment)

Kangaroo Care Women & Children Hospitals
BENGALURU: #89, 17th cross, MC layout, Vijayanagar, Bengaluru - 560040
MYSURU: #505, Kalidasa road, Vijayanagar 1st stage, Mysuru - 570017
KANGAROO CARE FERTILITY CENTER: Bengaluru, Mysuru
KANGAROO CARE CLINICS & DENTISTRY: Bengaluru

☎ **1800-425-4500**



**HEALTHY EATING
FOR FEEDING
MOTHERS**

Postnatal Guidelines

Right post delivery diet is a must for all mothers. Read on to find out about the recommended post delivery diet.

A proper postnatal diet is very important to ensure the well being of the mother as well as the newborn. Giving birth is a joyful activity for the body. Post delivery the hormones again are in play. Therefore, the post partum recovery period is very fragile and critical for the new mother.

It is always advisable that you seek and diligently follow the instructions of your nutritionist and your regular healthcare provider. It is very important that you maintain a healthy diet.

Nutritional requirements during Breast Feeding

The Nutritional requirement for the mother during breast feeding roughly increases by about 200 - 400 kcal/day. During the first 6 months the infant is exclusively breastfed and hence the nutritional needs are increased by 400k cal and decreases once the infant starts on weaning foods as the breast milk is not required in larger quantity as before weaning. The principles of eating during breast feeding are

1. Eat a well balanced diet consisting of all 5 food groups Cereals, Pulses, Vegetables, Fruits, Oils and Fats, Milk, Meat and meat products.
2. Include Calorie dense snacks as you tend to keep feeling hungry often due to feeding. Example: Chikkis. Energy bar, Dry fruits. Dry Nuts, Roasted grams, Makhana, Calorie dense fruits like Chikku, Avocado, Apple, Banana, Museli.
3. Keep yourself hydrated: Drink plenty of liquids in form of Water, Juice, Soups etc.
4. Increase intake of milk and milk products: Milk, fresh curd, Yogurt, Buttermilk and other milk products aid to better milk production.
5. Eat every 2 hours. Consume liquid after every solid meal
6. Start with mild to slow walk as early as possible after delivery. Do not constrain to bed.

Daily Diet

TIMINGS	MENU	QUANTITY
On Rising	1 Glass Milk+5-7 Almonds/ Dry Fruits bar/ laddu	250 ml
8:30 am Breakfast	2 Rava Idly/Millet Idly/Idly 2 Dosa/Ragi dosa/Wheat dosa Multigrain dosa/Pesar attu 1 Bowl of Daliya upma/Shavige upma/ Avalakki + 1 Cup Sambar/Saagu Curry/veg/chicken/fish gravy/1 Egg (Boiled/Poached/Omlette) If Chutney is consume Vegetable peel Dal chutney/ Greens chutney	2+150 ml
10:30 am Morning	1 Cup Soup (Greens/Veg/Chicken)/ 1 glass Veg Juice + 2-3 chikkis/Sesame chikki/60g makhana / 60g Roasted grams	
12:30 pm Lunch	1 Pulka/Chapathi/Wheat/Ragi/Millet/ Dosa + 150g of Brown rice /Millets/Longgrain basmathi rice/Daliya + 1 Cup of Dal Sambar (with veg that are mentioned above) + 1 tsp coconut oil / Ghee 60g of Yogurt/ Probiotic / 150ml Buttermilk 1 glass Milk + 1 Fruit	30g pulka+ 1 bowl rice +150ml Dal +5 ml
3:00 pm Snacks	1 glass Milk+ 1 fruit	150ml
5:30 pm	1 cup coffee/ tea+2 Multigrain biscuits/ Makhanas/Chikki-2/Sesame chikki-2	150ml
7:30 pm Pre dinner	1 Bowl Soup (Cereal/Dal / Greens / Legumes / Chicken)	150ml
8:30 pm Dinner	Power Packed Meal 1cup Kichadi / 5 Dal mixed kichadi / dal kichadi / Daliya Kichadi/ Brown rice with sambar of your choice + 100g veg palya	150ml
Night	Milk-150ml / Ganji - 100ml (Rava/Ragi/Dats broken wheat) + Dry fruits 3-4 (mixed)	

Galactagogues

Food Ingredient	Macro Nutrients	Vitamins	Minerals	Others
Milk	Protein	Vitamin B2 and B12	Rich in Calcium, Iodine, Potassium Phosphorus	
Yogurt	Protein	Vitamin B12	Calcium, Potassium, Phosphorus	Probiotics
Essential Fats (Cold pressed Coconut oil and ghee)	Boost energy levels	Vitamin B12, A		Rich in Omega 3, 6 and 9, DHA
Egg	Animal Protein	Vitamin A, B2, 12	Calcium, Phosphorus	Omega 3
Spinach		Vitamin A	Iron, Calcium, Folic acid, Magnesium, Potassium	Recovering From Anaemia
Carrots	Simple Carbohydrate	Vitamin A, Biotin, Vitamin K, B6	Potassium	Soluble Fiber Boosts Lactation Hormone
Bottle gourd	Low Calorie	Vitamin C	Calcium, Potassium	High Water Content
Drum Stick Leaves	Low Calorie	Vitamin B6, B2, C Vitamin A	Iron, Calcium	High Fiber Boosts Lactation Hormone
Dill Leaves (Shepu)	Low Calorie Low Glycaemic index	Vitamin A, K and vitamin C, Folate	Calcium, Magnesium, Potassium	High Fiber Boosts Lactation Hormone
Asparagus (Shatavari)	Improves insulin sensitivity Protein	Vitamin A, C, E and K, Folate	Calcium	Boosts Lactation hormone
Turmeric		Vitamin C	Calcium, Magnesium, Potassium	Anti Inflammatory Improve liver function Aids digestion
Lean Meat	Animal Protein	Vitamin B6	Calcium, Potassium, Iron	
Nuts and Seeds (Poppy seeds, Flax, Pumpkin seeds, Chia, Sesame seeds)	Packed with energy	Vitamin E, Vitamin C	Potassium	Omega 3 Boosts Lactation hormone
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Apricots and dates	Packed with energy	Vitamin C, A	Calcium, Potassium	Fiber
Brown rice and complex carbohydrates	Low glycaemic index	Vitamin A, B		Fiber