HEALTHY EATING FOR BREASTFEEDING MUMS

BREASTFEEDING IS GOOD FOR BOTH BABY AND MUM

HEALTHY TIPS
Add veg and fruit into your meals whenever you can. Fresh, tinned or frozen are all healthy choices.

CHOOSE FOODS FROM THE 5 FOOD GROUPS EVERY DAY

- BREADS + CEREALS
- VEGETABLES
- LEAN MEATS
- FRUIT
- LOW FAT DAIRY

LIMIT SUGARY FOODS AND DRINKS
Drink plenty of water

It is good to take your daily nutrition tablet while breastfeeding

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HEALTHY EATING FOR BREASTFEEDING MUMS

BREAKFAST
- Baked beans on toast

SNACK
- Yoghurt
- Fruits

LUNCH
- Sandwich
- Apple

SNACK
- Ritz crackers with cheese
- Carrots
- Peanut butter

SUPPER
- Vegetable stew
- Rice

BEFORE BED
- Slice of bread with butter and honey