

# One Handed Snacks for Breastfeeding Mamas

\*Nursing mothers need about 500 extra calories/day to make quality milk

\*Easily available, healthy, one-handed snacks are easier for nursing moms to eat.

\*Nutrition and hydration contribute directly to mood.

\*Have doulas, family or friends prepare food for the mother. So she can focus on baby.

\*Feed yourself healthy food every time you feed your baby.



## Prepare and make readily available:

~smoothies (prep “smoothie packs” & store in freezer)

~vegetables, with dip if desired, avoid gassy and acidic varieties

~lettuce, tomatoes etc for sandwich/wrap

~cheeses (limited amount)

~pita bread with hummus or guacamole

~lactation cookies

~muffins, bran is a good choice in the first few weeks postpartum

~dried fruit (apricots are a good source of calcium)

~nuts (almonds are a good source of calcium)

~granola/health bars

~multi grain/ wheat free crackers

~fruit pieces; berries, grapes, melon, banana, papaya, apple

~frozen yogurt tubes, excellent in summer

~tea, find ones containing: chamomile, fennel, nettles, or cardamon

~water at all times (you need 1/2-loz of water/pound of body weight/day; 140 lbs= 70-140 oz/day)

