


Essential Insights into Breastfeeding Series 4

Do you know everything about
breastfeeding? Don't think so ?
Give it a read





Foods that are important for better lactation and foods you need to avoid during your pregnancy.

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Introduction

During pregnancy and post pregnancy,

it is important that a mother to eat healthy so that she and her baby receives all the essential nutrients that are necessary for them. After delivery, a baby's prime source of nutrition will always be breastmilk and that is why it is crucial that the mother gets right food into her body.



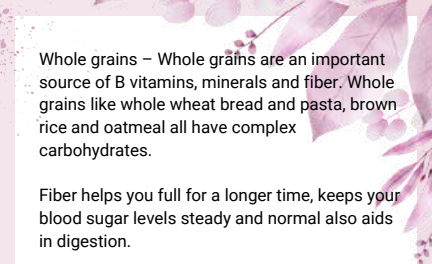


Top 7 superfoods you need to eat for better Lactation

- Whole grains
- Leafy green vegetables
- Nuts & Seeds
- Fenugreek
- Garlic
- Apricots and Dates
- Eggs

For the normal growth of your baby, every important nutrient is going to come from breastmilk.

What you eat matters the most and these superfoods should be your go to for better lactation.

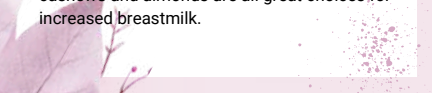



Whole grains – Whole grains are an important source of B vitamins, minerals and fiber. Whole grains like whole wheat bread and pasta, brown rice and oatmeal all have complex carbohydrates.

Fiber helps you full for a longer time, keeps your blood sugar levels steady and normal also aids in digestion.

Leafy green vegetables- Greens are rich in vitamins A,C,E, & K as well as fiber, minerals, antioxidants and calcium. Drum rolls for example are so low in calories that eat them for whole day and still not worry about exceeding your calorie intake.

Nuts & seeds- Nuts are packed with antioxidants and healthy fats which can boost your milk supply. Nuts like Pistachios, walnuts, cashews and almonds are all great choices for increased breastmilk.





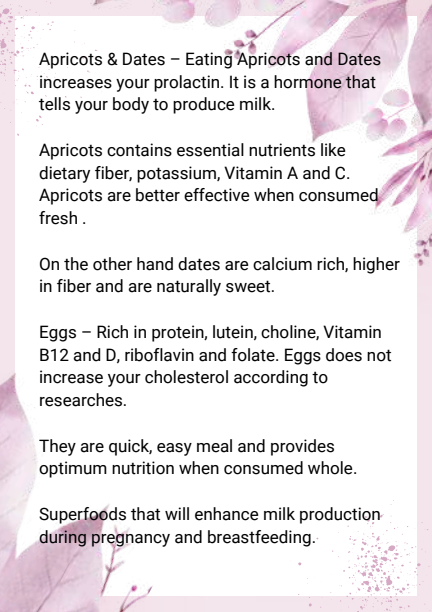
Fenugreek- Fenugreek is considered a natural lactation aid. It is high in phytoestrogens and restores your hormone levels while also increasing milk supply.

Try to eat fenugreek in moderation or the amount that is recommended by your doctor.

Garlic- Garlic has been used for centuries by mothers as natural lactation aid. Garlic has a strong lactogenic effect and also supports your overall growth.

Some researchers even believe that baby love its flavour, which may increase their sucking time.

Garlic boosts immunity and protects you and your baby against infections.



Apricots & Dates – Eating Apricots and Dates increases your prolactin. It is a hormone that tells your body to produce milk.

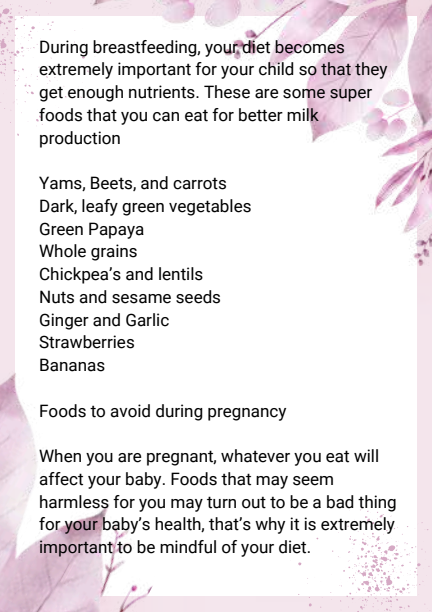
Apricots contains essential nutrients like dietary fiber, potassium, Vitamin A and C. Apricots are better effective when consumed fresh .

On the other hand dates are calcium rich, higher in fiber and are naturally sweet.

Eggs – Rich in protein, lutein, choline, Vitamin B12 and D, riboflavin and folate. Eggs does not increase your cholesterol according to researches.

They are quick, easy meal and provides optimum nutrition when consumed whole.

Superfoods that will enhance milk production during pregnancy and breastfeeding.

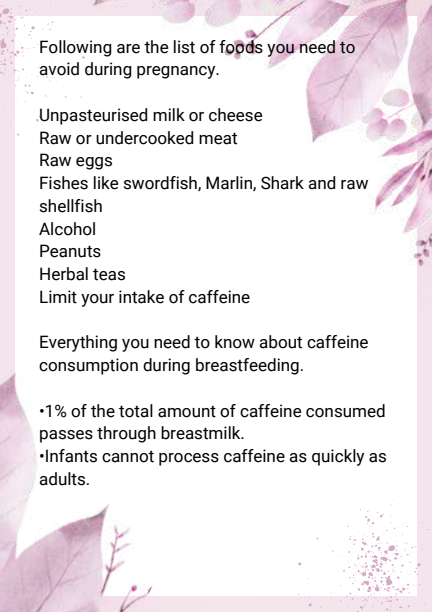


During breastfeeding, your diet becomes extremely important for your child so that they get enough nutrients. These are some super foods that you can eat for better milk production

Yams, Beets, and carrots
Dark, leafy green vegetables
Green Papaya
Whole grains
Chickpea's and lentils
Nuts and sesame seeds
Ginger and Garlic
Strawberries
Bananas

Foods to avoid during pregnancy

When you are pregnant, whatever you eat will affect your baby. Foods that may seem harmless for you may turn out to be a bad thing for your baby's health, that's why it is extremely important to be mindful of your diet.



Following are the list of foods you need to avoid during pregnancy.

Unpasteurised milk or cheese

Raw or undercooked meat

Raw eggs

Fishes like swordfish, Marlin, Shark and raw shellfish

Alcohol

Peanuts

Herbal teas

Limit your intake of caffeine

Everything you need to know about caffeine consumption during breastfeeding.


- 1% of the total amount of caffeine consumed passes through breastmilk.

- Infants cannot process caffeine as quickly as adults.

- Excessive intake of caffeine can have negative effects on mothers.
- Up to 300 mg of caffeine per day is mostly safe for mothers and babies.
- Drinking caffeine can affect the quality of breastmilk.

Caffeine intake while breastfeeding is safe, but it depends on the amount of intake you are consuming on a daily basis that is going to determine the quality of your breastmilk and affect your baby. Many experts recommend limiting your caffeine intake to 300 milligrams per day while nursing.

As for the babies, caffeine intake does affect some babies, as the breastmilk can contain some traces of the caffeine substances in it. The amount, of course, varies from mother to mother, and some babies can be more sensitive to caffeine than other babies.



Following are some signs that caffeine consumption is affecting your baby.

Increased fussiness and irritability

More trouble going to sleep

Hyperactivity

Restlessness

Younger babies are considered more sensitive to caffeine than older babies. It stays in new born babies system than older babies.

As mentioned earlier, caffeine consumption can also affect the quality of your breastmilk. For example, mothers who consume three cups of coffee per day have about one-third less iron in their breastmilk.

Avoiding or limiting caffeine can improve the content of iron in breastmilk.

Mostly breastfeeding mothers, when they are tired, experts suggest that they should not go overboard with their consumption for the safety of the mother and child.