

Health & Nutrition During Breastfeeding



Obstetrics & Gynaecology Department

Do I need to eat more while breastfeeding?

It depends. The most important thing is to eat a healthy diet. The number of calories you need depends on your age, weight, height, and how active you are. Breastfeeding might help you lose weight after pregnancy if you breastfeed for at least 6 months.



Do I need to drink more water while breastfeeding?

Yes. It's important to make sure to drink enough fluids while you are breastfeeding. To make sure that you drink enough, always drink when you feel thirsty. If you have a dry mouth or dark-colored urine, you probably need to drink more. It might be helpful to keep water or another healthy drink nearby when you breastfeed.

Do I need to take vitamins while breastfeeding?

It depends on what your usual diet is like. If you eat meat and fish, you probably do not need to take a daily vitamin. But if you eat a vegan diet (no meat, chicken, fish, eggs, or dairy foods), you should take a daily vitamin that has vitamin B12 in it. Let your doctor or nurse know if there are certain foods or food groups you do not eat. They can help you figure out whether you need extra vitamins.



Some people need to take an iron supplement. Supplements are pills, capsules, liquids, or tablets that have nutrients in them. Your doctor might prescribe a daily iron supplement if you have a condition called "anemia" after you give birth or if your diet is low in iron.

It's also important to make sure you get enough calcium and vitamin D each day. Calcium and vitamin D help keep your bones strong. Different foods and drinks have calcium and vitamin D. But most people do not get enough through their diet alone. So, unless you drink a lot of milk (more than 3 servings a day), you will probably need to take a supplement, too.

Are there foods I should avoid while breastfeeding?

Yes. You should avoid certain types of fish while you are breastfeeding. That's because some types of fish have a lot of mercury in them. Mercury is a substance that can pass through the breast milk to the baby. It can cause problems with a baby's brain and nervous system. Fish that have a lot of mercury include:



Shark



Tilefish



Swordfish



King mackerel

Other types of fish and seafood do not have as much mercury. In fact, these are healthy for both you and your baby. Doctors recommend that people who breastfeed eat these types of fish and seafood about 2 times a week.

They include:

- ❖ Shrimp
- ❖ Canned light tuna
- ❖ Salmon
- ❖ Pollock
- ❖ Catfish



Are there medicines I should avoid while breastfeeding?

It depends. Let your doctor or nurse know if you take any medicines. He or she can make sure that those medicines are safe to take when breastfeeding.

Some medicines can affect the amount of breast milk your body makes. It's a good idea to talk to your doctor or nurse before taking any new medicines.



Do I need extra calories while breastfeeding?

Yes, you might need to eat a little more — about an additional 330 to 400 calories a day — to give you the energy and nutrition to produce milk.

To get these extra calories, opt for nutrient-rich choices, such as a slice of whole-grain bread with a tablespoon (about 16 grams) of peanut butter, a medium banana or apple, and 8 ounces (about 227 grams) of yogurt.

Can I drink caffeine if I am breastfeeding?

Some caffeine can pass through your breast milk to your baby. Some babies can get fussy or have trouble sleeping from caffeine. Most experts recommend not having more than 2 or 3 cups of coffee per day while you are breastfeeding.



Can I drink alcohol if I am breastfeeding?

If you drink, some alcohol does pass through your breast milk to your baby. After you have 1 drink, it takes about 2 hours for your body to get rid of the alcohol. Because of this, most doctors recommend having only an occasional drink that has the same amount of alcohol found in a single glass of wine. They also recommend waiting 2 hours after having a drink before you breastfeed.

Can I smoke if I am breastfeeding?

No, you should avoid smoking or vaping. In fact, anyone with a newborn or infant should stop smoking and vaping. That's because babies whose parents smoke can sleep poorly and have breathing problems, lung infections, or ear infections. They are also



more likely to die from something called "sudden infant death syndrome" or "SIDS." This is when a baby younger than 1 year old dies suddenly for no known reason.

Smoking or vaping might also reduce the amount of milk that your body makes.

Could my diet cause my baby to be fussy or have an allergic reaction?

Certain foods or drinks in your diet could cause your baby to become irritable or have an allergic reaction. If your baby becomes fussy or develops a rash, diarrhea or wheezing soon after nursing, consult your baby's health care provider.

If you suspect that something in your diet might be affecting your baby, avoid the food or drink for up to a week to see if it makes a difference in your baby's behavior. Avoiding certain foods, such as garlic, onions or cabbage, might help.

What if I have questions?

If you have any questions about nutrition and breastfeeding, ask your doctor or nurse. Some people also find it helpful to work with a breastfeeding expert, called a "lactation consultant."





Contact us:



APPOINTMENT: (+973) 1775 7600
SWITCHBOARD: (+973) 1775 3333



WHATSAPP: (+973) 3687 7600
INSTAGRAM: awalihospital
FACEBOOK: Awali Hospital
E-MAIL: awali.hospital@bapcoenergies.com
WEBSITE: <https://www.awalihospital.com>
LOCATION: Bldg. 115, Road 4504, Block 945,
Awali Kingdom of Bahrain