Healthy foods in moderation is a good motto for breastfeeding mothers. Interestingly, a diversity of foods gives baby a wealth of flavours to enjoy. When baby starts eating table foods at six months, the transition will be much easier for the baby who enjoys a bit of garlic now and again. The occasional chocolate or cup of tea/coffee, or a glass of wine will not affect most babies.

Returning To Pre-Pregnancy Weight
Breastfeeding uses up energy stored during pregnancy. Research has shown that longer breastfeeding – six months and beyond - leads to a gradual return to pre-pregnancy weight.

During the first few months post partum, the mother’s body is establishing a good milk supply and recovering from childbirth. During this time crash diets and quick weight loss measures should be avoided.

Gradual return to pre-pregnancy weight occurs if mothers eat to satisfy their hunger and choose nutritious whole foods. Moderate exercise is recommended and benefits the mother’s well being generally.

“Women who breastfeed more frequently tend to lose weight more rapidly than women who breastfeed less frequently”.

“Breastfeeding mothers tend to lose more weight in the first six months postpartum than bottle feeding mothers”.


FOR MORE INFORMATION:
www.lalecheleaguecanada.ca
www.breastfeeding.com
http://users.erols.com/cindyrn/newman.htm
Breastfeeding Myths
by Dr. Jack Newman

• A breastfeeding mother has to be obsessive about what she eats.
  Not true! A breastfeeding mother should try to eat a balanced diet, but neither needs to eat any special foods nor avoid
certain foods. A breastfeeding mother does not need to drink milk in order to make milk. A breastfeeding mother does not
need to avoid spicy foods, garlic, cabbage or alcohol. A breastfeeding mother should eat a normal healthful diet. Although
there are situations when something the mother eats may affect the baby, this is unusual. Most commonly, "colic",
"gassiness" and crying can be improved by changing breastfeeding techniques, rather than changing the mother's diet.

• A breastfeeding mother has to eat more in order to make enough milk.
  Not true! Women on even very low calorie diets usually make enough milk, at least until the mother's calorie intake
becomes critically low for a prolonged period of time. Generally, the baby will get what he needs. Some women worry that
if they eat poorly for a few days this also will affect their milk. There is no need for concern. Such variations will not
affect milk supply or quality. It is commonly said that women need to eat 500 extra calories a day in order to breastfeed.
This is not true. Some women do eat more when they breastfeed, but others do not, and some even eat less, without any
harm done to the mother or baby or the milk supply. The mother should eat a balanced diet dictated by her appetite. Rules
about eating just make breastfeeding unnecessarily complicated.

• A breastfeeding mother has to drink lots of fluids.
  Not true! The mother should drink according to her thirst. Some mothers feel they are thirsty all the time, but many others
do not drink more than usual. The mother's body knows if she needs more fluids, and tells her by making her feel thirsty.
Do not believe that you have to drink at least a certain number of glasses a day. Rules about drinking just make
breastfeeding unnecessarily complicated.

• A mother should not drink alcohol while breastfeeding.
  Not true! Reasonable alcohol intake should not be discouraged at all. As is the case with most drugs, very little alcohol
comes out in the milk. The mother can take some alcohol and continue breastfeeding as she normally does. Prohibiting
alcohol is another way we make life unnecessarily restrictive for nursing mothers.

• After exercise a mother should not breastfeed.
  Not true! There is absolutely no reason why a mother would not be able to breastfeed after exercising. The study that
purported to show that babies were fussy feeding after mother exercising was poorly done and contradicts the everyday
experience of millions of mothers. Recent studies show that there is no difference in the acceptance of breastmilk after
moderate or even high intensity exercise.

For more information:  http://users.erols.com/cindyrn/newman.htm

INFACT Canada 63 Burtch's Lane, Rockport, ON K0E 1V0