

HEALTHY DIETS FOR BREASTFEEDING MOMS

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[Breastfeeding Diet 101 - What to Eat While Breastfeeding](#)

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Written by Adda Bjarnadottir, MS on June 1, 2017

Breastfeeding has all sorts of benefits for both mom and baby .

[Diet for breastfeeding moms - 8 healthy tips for ...](#)

[Diet for breastfeeding moms](#) Find out what to eat and avoid, and healthy tips while breastfeeding and nursing your baby. As a breastfeeding mother, what you eat affects your health and the breast milk you produce.

[Diet for a healthy breastfeeding mom | BabyCenter](#)

Most women can safely lose 1 pound each week by combining a healthy diet with moderate exercise. A sudden, large drop in your calorie intake can affect your milk supply, so don't go on a crash diet to lose weight quickly. If you're losing more than 1 pound a week after the first six weeks, that's a sign you need to take in more calories.

[Healthy Diet for Breastfeeding Moms I Lose Baby Weight](#)

The basis of healthy losing weight diet for breastfeeding mom is NOT counting the total number of calories, but the well balanced diet, full of versatile and nutritious ingredients. Many diets restrict some groups of food (for example low carbohydrate diet) but these are not appropriate for breastfeeding moms.

[Healthy 6 Week Postpartum Diet Plan for Breastfeeding ...](#)

The diet plan that I am currently on is my Eat Clean, Get Lean 4 week meal plan which is safe and friendly for breastfeeding mummies. It comes with nutrition tips as well as complete and separate grocery lists for each week! I literally take out all of the planning for you to make it stress-free and easy to eat clean.

[Healthy diet for breastfeeding moms](#)

Ms. Yas Muralla gives tips for breastfeeding mothers on how to maintain a good health. Doctors on TV at UNTV Channel 37 Every Sunday, 7:00 to 8:00 a.m.