

# Dear New Mother,

Congratulations on your new arrival! As you embark on this beautiful journey of motherhood, it is essential to focus on your nutrition, especially while breastfeeding. Here are some helpful tips to ensure you stay healthy and energized:

## Nutrition Tips for Breastfeeding Mothers

- **Stay Hydrated:** Drink plenty of water throughout the day to maintain milk supply.
- **Eat a Balanced Diet:** Focus on whole grains, lean proteins, fruits, and vegetables.
- **Increase Caloric Intake:** Aim for an additional 300-500 calories daily to support breastfeeding.
- **Include Healthy Fats:** Avocados, nuts, and olive oil support brain development in your baby.
- **Limit Caffeine and Alcohol:** Consume in moderation, as these can affect your baby.
- **Add Iron-Rich Foods:** Incorporate beans, spinach, and red meat to combat fatigue.
- **Watch for Allergens:** Introduce new foods slowly to monitor any reactions.

Remember to consult with your healthcare provider to tailor these suggestions to your personal needs. Take care of yourself, and enjoy this precious time with your little one!

**Best Wishes,**

Your Healthcare Team