



Benefits for the Child

- › Higher IQ scores and increased cognitive development
- › Decreased risk of obesity
- › Reduced risk of Sudden Infant Death Syndrome (SIDS), childhood cancers, juvenile onset diabetes, ulcerative colitis, Hodgkin's Disease and other chronic digestive problems
- › Decreased allergies
- › Improved visual, motor and oral development

Benefits for the Mother

- › Reduced risk of breast, ovarian and uterine cancers
- › Reduced risk of osteoporosis
- › Decreased postpartum bleeding
- › Increased uterine involution
- › Less postpartum depression
- › Rapid return to pre-pregnancy weight
- › Economic benefits due to decreased medical care costs and not purchasing formula

Health Benefits of Breastfeeding vs. Formula

Child

- › 50% reduction in infections of the ear
- › 64% reduction in gastro-intestinal infections
- › 72% reduction in hospitalization due to pneumonia
- › 4% reduction in the risk of obesity for each month of breastfeeding
- › 42% reduced risk of allergies
- › 39% less likely to develop asthma
- › 19% reduction in the risk of childhood leukemia
- › 36% less chance of SIDS

Mother

- › 28% reduced risk of breast cancer
- › 21% reduced risk of ovarian cancer
- › 12% reduced risk of developing diabetes

Tips for Success

Breastfeed within one hour of birth.

Keep your baby in the room with you.

Learn proper breastfeeding techniques from a lactation consultant.

Breastfeed often (8-12 times daily) or anytime your baby seems hungry.

Signs of hunger: Increased alertness, Mouthing/putting hands in mouth, Rooting (moving head in search of nipple)

Take your time, and find the right position for you and your baby.

Delay the introduction of bottle, pacifier or other fluids.

Breastfeeding shouldn't hurt. Contact your healthcare provider if you have pain or flu-like symptoms.

Take care of yourself. Get plenty of rest and eat well-balanced meals.

Ask for help. Don't try to do everything yourself.

Breastfeed as long as you can, ideally until the baby is at least six months old.

Average Intake Guide

0-2 Months

2-5 oz. per feeding/26 oz. per day

2-4 Months

4-6 oz. per feeding/30 oz. per day

4-6 Months

5-7 oz. per feeding/31 oz. per day

EATING GUIDE FOR A HEALTHY MOM & NUTRITIOUS BREASTMILK

One of the keys to successful breastfeeding is the good health and nutrition of the mother. You must eat well and drink plenty of liquids to make enough nutritious milk for your baby. Continue to take your prenatal vitamins.

Breastfeeding mothers need 500 extra calories each day to make milk. This is not a time to diet. The chart below will help you make nutritious meals and snacks.

SNACKS

You may not have time to eat three meals a day. If not, try snacks or mini meals. They are a great way to add extra nutrition to your day. Keep some snack foods next to your favorite nursing spot. Below are some snack/mini-meal ideas:

Peanut Butter Sandwich	Fresh or Dried Fruit
Apple with Peanut Butter	Vegetable Juice
Popcorn, Pretzels	Baked Potato
Crackers	Cheese
Yogurt	Milkshake made with Lowfat Milk

FLUIDS

It is important that you drink at least eight cups of liquid (64 ounces) each day. This helps you make enough milk for your baby. Try drinking 1-2 cups of liquid (water, milk or juice) with each feeding.

IRRITATING FOODS

Some foods that you eat may cause gas or bother your baby. Your baby may become fussy after you eat these foods. Below are some of the common foods that may bother your baby:

Broccoli	Onions
Cabbage	Beans
Cauliflower	Chili
Tomato Sauces (Pizza Sauce)	Chocolate
Garlic	Spicy Food
Italian Food	Cucumbers
Caffeine	

You do not have to avoid these foods unless you are sure that they bother your baby. To be sure, do a test. Avoid one food at a time and see if your baby stops fussing.

Remember that what you eat and drink affects your milk and your baby. When breastfeeding, do not drink alcohol or take drugs. Limit drinks with caffeine (coffee, tea, cola with caffeine) to one to two servings a day.



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FOOD GROUP	NUMBER OF SERVINGS
GRAINS 1 serving = 1 slice of bread 1/2 cup rice, pasta 1/2 cup cooked cereal 1 ounce ready to eat cereal 1/2 bagel, bun	6-11
VEGETABLES 1 serving = 1/2 cup cooked vegetables 1 cup raw vegetables 3/4 cup vegetable juice	3
FRUITS 1 serving = 1 medium sized fresh fruit 1/2 cup canned fruit 3/4 cup fruit juice 1/4 cup dried fruit	2
MILK 1 serving = 1 cup milk, yogurt 1 1/2 ounces of cheese	4
MEAT, DRIED BEANS 1 serving = 3 ounces poultry, fish, lean beef, lean pork 1/2 cup cooked beans 4-6 tbsp. peanut butter 2 eggs	4
FATS & SWEETS Use sparingly: butter, margarine, oil, sugar, soda, candy and sweets	

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