Breast Feeding your Baby

Breast-feeding supports short and long-term health for both mother and baby. When mothers are adequately nourished, their breast milk contains all the nutrients needed to support the growth and health of their baby.

Breast milk contains nutrients that builds the baby’s immune system and aids in brain development.
- Immune-supporting nutrients
- Anti-inflammatory nutrients
- Anti-microbial substances

Breast milk decreases the risk of illness, disease, and infection:
- Ear infections
- Obesity
- Respiratory tract infections
- Stomach viruses
- Sudden infant death syndrome (SIDS)
- Type 2 diabetes

Staying Nourished

These are some recommendations for mothers to produce a sufficient supply of breast milk:

Calories
- About 500 calories per day above her regular needs
- Gaining the recommended amount of weight during pregnancy can help provide energy

Protein
- About 71 grams per day

Carbohydrates
- About 210 grams per day

Omega-3s
- Important for baby’s brain development
- Sources: flaxseeds/oil, chia seeds, walnuts, canola oil, and fatty fish (sardines, salmon, mackerel, etc.)
1 sweet potato, cut into 1/2 inch sticks
1 Tbsp olive oil
1/8 tsp onion powder
1/8 tsp garlic powder
1/8 tsp paprika
1/8 tsp salt
1/8 tsp pepper

Preheat oven to 450 F.

In a bowl, add the sweet potato, oil, spices, salt and pepper and toss until sweet potatoes are evenly coated.

Spray a baking sheet with vegetable oil and place the coated sweet potato onto it.

Bake for 10-15 minutes on each side, or until golden and crispy.

Serve and enjoy!