

# Healthy Eating During Breastfeeding or Chestfeeding

There is no special diet needed for lactating parents. If you are breastfeeding or chestfeeding, the amount of food you need may or may not change compared to your needs during pregnancy. Trust your intuition: eat when you are hungry and this will guide what and how much you eat. A little extra food each day, such as an additional snack, may help to meet your needs for energy and nutrients during lactation.

Try:

- ✓ eating a variety of foods every day (see [Canada's food guide](#))
- ✓ ensuring you get key nutrients, including vitamin A, vitamin B12, vitamin D, omega-3 and calcium (see *Baby's Best Chance* book Key Nutrients During Pregnancy)
- ✓ eating more if you're hungrier than usual
- ✓ drinking water as your main drink choice
- ✓ continuing to take a multivitamin supplement with folic acid



### KEY TAKEAWAY

When you breastfeed or chestfeed, your diet doesn't have to be perfect – just do the best you can. Supports are available to address different barriers accessing healthy foods. Visit [healthlinkbc.ca](http://healthlinkbc.ca) or call 8-1-1 to learn more about resources available to you.



### DID YOU KNOW?

Many of the foods you may have avoided during pregnancy are no longer a safety concern while breastfeeding or chestfeeding. Unpasteurized cheeses and sushi, for example, are fine while breastfeeding or chestfeeding.

Some foods and beverages, though, are still best avoided while breastfeeding or chestfeeding. These include:

- ✗ fish high in mercury
- ✗ foods and drinks high in caffeine
- ✗ alcohol
- ✗ herbal teas, other than those safe during pregnancy (Visit [canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription.html](http://canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription.html))

