

optimal foods for breastfeeding

The foods listed below provide more of the harder to find nutrients based on the adjusted recommended daily intake levels for a breastfeeding woman (i.e. omega 3, choline, vitamin E, vitamin D, calcium, zinc, thiamine, vitamin A, pantothenic acid, selenium, potassium, magnesium and vitamin B6). From a macronutrient perspective, these foods are 42% protein, 17% fat and 26% net carbohydrates.

vegetables

- watercress
- spinach
- coriander
- chicory greens
- chard
- lettuce
- beet greens
- asparagus
- endive
- Chinese cabbage
- arugula
- seaweed
- parsley
- broccoli
- okra
- escarole
- mushroom
- collards
- celery
- chives
- zucchini
- turnip greens
- cauliflower
- kale
- butternut squash
- banana pepper
- cabbage
- pickles
- cucumber
- pumpkin
- winter squash
- summer squash
- yeast extract spread
- jalapeno peppers
- radicchio
- red peppers
- sauerkraut
- peas
- alfalfa

- Brussel sprouts
- spirulina
- artichokes
- chayote
- radishes
- mung beans
- carrots
- snap beans
- red cabbage
- rhubarb
- turnips
- eggplant
- onions
- sweet potato
- soybeans pinto beans
- turnips
- leeks

fruit

- cantaloupe
- blackberries
- boysenberries

nuts, seeds & legumes

- tofu
- coconut water
- sunflower seeds
- black beans
- lentils
- cowpeas

offal

- liver
- kidney
- heart
- brains

animal products

- chicken breast
- pork chops

- whole egg
- egg yolk
- kefir
- ground pork
- ham
- pork shoulder
- veal
- roast pork
- pork ribs
- turkey
- protein powder
- sirloin steak

seafood

- halibut
- salmon
- fish roe
- crab
- cod
- caviar
- lobster
- trout
- pollock
- crayfish
- conch
- rockfish
- shrimp
- mussel
- sturgeon
- oysters
- white fish
- starfish
- whiting
- perch
- anchovy
- sardine
- herring
- mackerel
- tuna
- scallop
- molluscs