

## Nutrition Guidelines for Lactation



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**ALL FOODS SHOULD BE FRESH & ORGANICALLY (BIODYNAMIC)  
GROWN/FED WHENEVER POSSIBLE**

REDUCE / AVOID	FOOD HABITS
<ol style="list-style-type: none"> <li>1. Coffee, tea &amp; alcohol</li> <li>2. Sugars &amp; white flour</li> <li>3. Fried and microwave foods</li> <li>4. Refined, junk, frozen &amp; packaged foods - colouring, additives, flavourings,</li> <li>5. Yeast and vegemite</li> <li>6. Bitter herbs</li> <li>7. Late / heavy meals: reduce eating after 7.00 PM</li> <li>8. Anything directly from the fridge – to cold</li> <li>9. Combining fresh fruits with other foods (e.g. dairy)</li> <li>10. High acidity:               <ul style="list-style-type: none"> <li>• <u>Too many acidic foods</u> such as meat, tomatoes, vinegar, yeast, etc.</li> <li>• <u>Acidic eating</u>: Not chewing enough forces our stomach secrete more acid</li> <li>• <u>Acidic lifestyle</u>: Rushing, unplanned life etc.</li> <li>• <u>Acidic mindset</u>: Unresolved issues and negative thoughts about them</li> </ul> </li> </ol> <p><b>ALCOHOL – avoid</b> Fetal alcohol syndrome is traced to <b>pre</b>-conception, with <b>both</b> parents. Alcohol significantly lowers conception rates, is toxic to the fetus and leaches nutrients</p> <p><b>COFFEE - avoid</b></p> <ul style="list-style-type: none"> <li>• Related to fertility/pregnancy/fetal health problems, including miscarriage</li> <li>• Decaffeinated not recommended. Cereal based substitutes OK (check for added sugar)</li> </ul> <p><b>HERBAL TEA – 2 cups herbal tea per day (avoid black, and other caffeinated teas)</b></p>	<p><u>EAT WHEN HUNGRY</u></p> <ul style="list-style-type: none"> <li>• IF NOT CORRECT DIGESTION AND METABOLISM</li> <li>• EAT AT THE SAME TIME OF DAY AND EARLY DINNERS (&lt;7.00PM)</li> </ul> <p><u>DRINKING: ROOM TEMPERATUR/WARM WATER IN BETWEEN MEALS</u></p> <p><u>FRAME OF MIND: IS YOUR MIND READY FOR A MEAL?</u></p> <p><u>EANGAGE ALL SENSES IN EATING: WE GET 20% OF PLEASURE FROM SENSE ORGANS</u></p> <p><u>DRINK YOUR SOLIDS AND EAT YOUR LIQUIDS</u></p> <p><u>MEALS:</u></p> <ul style="list-style-type: none"> <li>• Breakfast = warm, fresh cooked</li> <li>• Lunch = main meal of the day, 50% COLOURED VEGETABLES, 25% CAROBOHYDRATE, 25% PROTEIN</li> <li>• Afternoon Snack = 1-2 pieces of seasonal fruit</li> <li>• Dinner = warm, fresh cooked and light</li> </ul> <p><b>Helpful Tips</b></p> <ul style="list-style-type: none"> <li>• Empty your kitchen cupboards of all your unhealthy foods</li> <li>• Fill your cupboards with nutritious, delicious foods, especially for snacks</li> <li>• <u>Have healthy snacks around:</u> <ul style="list-style-type: none"> <li>• Fresh organic seasonal fruits</li> <li>• Dry roasted seeds and nuts</li> <li>• Essene bread with nut butters, tahini, avocado</li> </ul> </li> </ul>

**Increased requirements for specific nutrients during lactation can be met by including the following foods into your diet**

<b>FOLIC ACID*, CALCIUM, IRON, MAGNESIUM, IODINE, VITAMIN D, OMEGA-3, ZINC, VITAMIN B12</b>	
<ul style="list-style-type: none"> <li>• Kelp</li> <li>• Barley or wheat grass</li> <li>• Almonds (soaked and peeled)</li> <li>• Walnuts</li> <li>• Buckwheat</li> <li>• Amaranth</li> <li>• Quinoa and other whole grains</li> <li>• Parsley</li> <li>• Sunflower seeds</li> <li>• Sesame seeds</li> <li>• Chia seeds</li> <li>• Roasted pumpkin seeds (reduces E. coli)</li> <li>• Spirulina</li> <li>• Lean red meat</li> <li>• Chicken</li> <li>• Fish</li> <li>• Cherries</li> <li>• Garbanzo beans</li> <li>• Kale and other GLV</li> <li>• Legumes</li> <li>• Carrot and beets</li> <li>• Asparagus</li> <li>• Spinach</li> <li>• Collard greens (Brassica)</li> <li>• Sea salt</li> <li>• Flax seeds/oil</li> <li>• Bee pollen</li> </ul>	<ol style="list-style-type: none"> <li>1. An additional energy intake of 2MJ/day is required during lactation, representing an 25% increase in energy intake</li> <li>2. Eating 25% more of the foods mentioned in the <b>“Nutrition Guidelines for Preconception &amp; Pregnancy”</b> (available at <a href="http://www.drverena.com">www.drverena.com</a>) will provide for the additional nutrient requirements associated with lactation</li> <li>3. Vitamin C and calcium intake should be kept high</li> </ol> <p><b><u>Factors that improve lactation</u></b>  <b>NOURISHMENT AND STRENGTHENING OF KIDNEYS</b></p> <ul style="list-style-type: none"> <li>• Adequate rest and relaxation</li> <li>• Mussels, sardines, millet, legumes (e.g. Aduki beans, mung beans, black beans), kelp, kombu, parsley, spirulina, black sesame seeds, walnuts, wild rice, quinoa, barley, almonds, bee pollen</li> </ul> <p><b><u>Foods that promote lactation:</u></b>            Asparagus, borage (European herb), dill, fennel, lettuce, nigella (Indian spice), black sesame seeds (dry roasted), juice from cooked aduki beans, carrot, sweet potato, fermented soy beans in miso, tempeh and tamari</p>

**\*Note:** The Recommended Daily Intake (RDI) for **folic acid** is an additional 400µg/day. It is recommended to start supplementing 1 month prior pregnancy and the first 3 month of the pregnancy with folic acid tablet containing 0.5 milligrams (mg) of folic acid per day.

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