

Dear parents;

Breast milk is an indispensable food for babies.

Breast milk not only maintains growth and development of babies but also protects them from many diseases, mainly diarrhea, anemia and other diseases that will occur in the later life.



Breastfeeding is also important to form a psychological bond between the mother and her baby.

The best present a mother can give her baby is breast milk.

Breast milk:

- Is nutritious.
- Is economic.
- Is easy to digest.
- Creates the sentimental bond.
- Is always sterile and ready to drink.
- Is the most favorable food for babies.

You should give your baby only breast milk in the first six months and continue breastfeeding until the age of two.

In the lactation period, breast milk is equal to what mothers eat. Nutrients required for the secretion of milk, should be given to mothers additionally. Mothers should consume adequate and balanced meals both to maintain their own nutrient storages and to provide the energy, proteins, vitamins, and minerals the milk contains.



When mothers consume inadequate amounts of food they lose their own nutrient and energy storages. This situation causes health problems for the mother and inadequate production of breast milk.

Mothers can produce adequate amount of breast milk that will help develop their babies' health and growth. Also for an efficient lactation period, mothers should follow balanced and adequate diets.



For this;

- You need to have balanced and adequate diets. Consume adequately from each four basic food groups (milk group, meat-egg-legumes group, vegetables-fruits group, and bread-grains group)
- You should drink adequate amounts of liquids to produce adequate breast milk. You need to drink at least 10 glasses of water, ayran (drink made with yogurt), fruit juice prepared at home. Keep in mind that, the mother to get healthy nutrition and enough rest and to drink a lot of liquids are important factors for the production of adequate breast milk.
- You must not apply weight loss diets in this period. Low energy diets especially in the lactation period reduce production and nutritive value of the breast milk. You might start to lose weight after the lactation period.
- **You must not smoke and drink alcohol.**



- Onion, garlic, broccoli, cauliflower, hot spices, legumes, carbonated drinks, concentrated fruit juices could change the taste of breast milk. This may cause discomfort (gas in the gastrointestinal system or rejecting the breast milk) for some of the babies and some may not even notice it. If your baby has serious discomfort, either consume these foods less or totally avoid their consumption. Regular sunbathing in advisable hours is important to meet the vitamin D requirement of the body.
- You should consume iodized salt to meet your babies' iodine requirement. This mineral plays very important role for babies' development.



Daily food requirements for women in lactating period

Food groups	Amounts
Milk, yogurt	3-4 glass of milk (400-600 ml)
Cheese	60 gram
Meat, poultry, fish	3-4 portion
Egg, legumes	1 portion
Fresh fruits and vegetables	5-7 portion
Bread	4-6 slices
Rice, bulgur, pasta etc.	Maximum 2-3 portion

A Sample menu for women in the lactating period

Breakfast: 1 glass of milk, 1 egg, 30 gram cheese, 1 spoon of pekmez (concentrated grape juice), 1-2 thin slice of bread, 1 orange, 1 carrot or tomato

Snack: 1 portion of fresh fruit

Lunch: 1 portion of cooked vegetable with meat, 1 portion of rice or pasta, 150 gram yogurt, 1 portion of salad, 1 thin slice of bread

Snack: 1 glass of fresh fruit juice, 1 portion of cookie, cake or 1 slice of bread and cheese

Dinner: 1 portion of yogurt, tarhana or tomato soup, 60-90 gram of meat, poultry or fish, 1 portion of legumes with olive oil, salad, 1 portion of fresh fruit, 1 thin slice of bread

Snack: 1 glass of milk



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