

Breastfeeding Superfoods

Striking the right nutritional balance when you are breastfeeding is really important for both you and your baby, so make sure you're getting plenty of breastfeeding Superfoods in your diet.



almonds

Packed with protein and are an excellent source of calcium. You need 1,250 mg of calcium daily when breastfeeding



green leafy veggies

Includes spinach and broccoli; containing magnesium and are excellent source of vitamin C.



chia seeds

Excellent source of essential fats, protein, calcium, and iron—all of which are vital to breastfeeding mothers.



avocados

Avocados provide essential healthy fats that will give you a necessary energy boost. You need 405 mg of vitamin E and 260 mcg of folate daily when breast feeding.



coconut water

Brimming with electrolytes, coconut water is thought to be better at replacing lost fluids than sports drinks or water. Staying hydrated is really important when breastfeeding.



oily fish

Like salmon, oily fish are full of protein and DHHA (part of the Omega 3 fatty acid), which are needed for healthy development of your baby's nervous system. It is advised to eat 2 portions of oily fish per week.