

# 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.



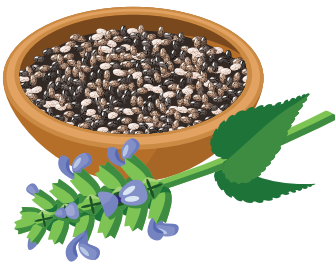
## ALMONDS:

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



## AVOCADOS:

Avocados provide essential 'healthy' fats that will give you a necessary energy boost. You need 4-5 mg of vitamin E and 260 mcg of Folate daily when breastfeeding.



## CHIA SEEDS:

Excellent source of essential fats, protein, calcium and iron – all of which are essential for breastfeeding mothers.



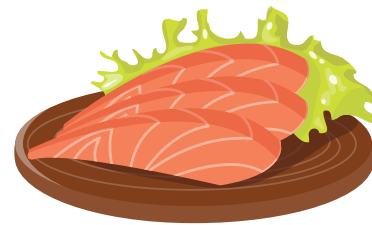
## COCONUT WATER:

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



## GREEN LEAFY VEGETABLES:

Includes spinach and broccoli, and contain calcium, magnesium, and are an excellent source of vitamin C – all excellent for breastfeeding mothers.



## SALMON, OR OTHER OILY FISH:

Brimming with protein and DHA (part of the Omega 3 fatty acid), which are needed for the healthy development of your baby's nervous system. It is advisable to eat two portions of oily fish per week.

To see the full blog with even more breastfeeding superfoods, written by Integrated Women's Health Expert and Registered Nutritional Therapist Rosie Letts, visit <https://aeroflowbreastpumps.com/blog/16-breastfeeding-superfoods>.