






What Should I Eat?

MyPyramid Plan for Moms

When you are breastfeeding, you have special nutritional needs. Follow the MyPyramid Plan for Moms below to help you and your baby stay healthy.

- Eat these amounts from each food group daily.
- The calories and amounts of food you need differ if you are only breastfeeding or breastfeeding and giving formula.
- Choose the Plan that is right for you.
- In each food group, choose foods and beverages that are low in “extras.”

Food Group	Breastfeeding only	Breastfeeding plus formula	What counts as 1 cup or 1 ounce?	Remember to...
Eat this amount from each group daily.*				
Fruits 	2 cups	2 cups	1 cup fruit or juice ½ cup dried fruit	<i>Focus on fruits—</i> Eat a variety of fruits.
Vegetables 	3 cups	3 cups	1 cup raw or cooked vegetables or juice 2 cups raw leafy vegetables	<i>Vary your veggies—</i> Eat more dark-green and orange vegetables and cooked dry beans.
Grains 	8 ounces	7 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal	<i>Make half your grains whole—</i> Choose whole instead of refined grains.
Meat & Beans 	6½ ounces	6 ounces	1 ounce lean meat, poultry, or fish ¼ cup cooked dry beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter	<i>Go lean with protein—</i> Choose low-fat or lean meats and poultry.
Milk 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces cheese 2 ounces processed cheese	<i>Get your calcium-rich foods—</i> Go low-fat or fat-free when you choose milk, yogurt, and cheese.

*These amounts are for an average breastfeeding woman. You may need more or less than the average. Check with your doctor to make sure you are losing the weight you gained during pregnancy.



Get a MyPyramid Plan for Moms designed just for you.
Go to www.MyPyramid.gov for your Plan and more.
Click on “Pregnancy and Breastfeeding.”