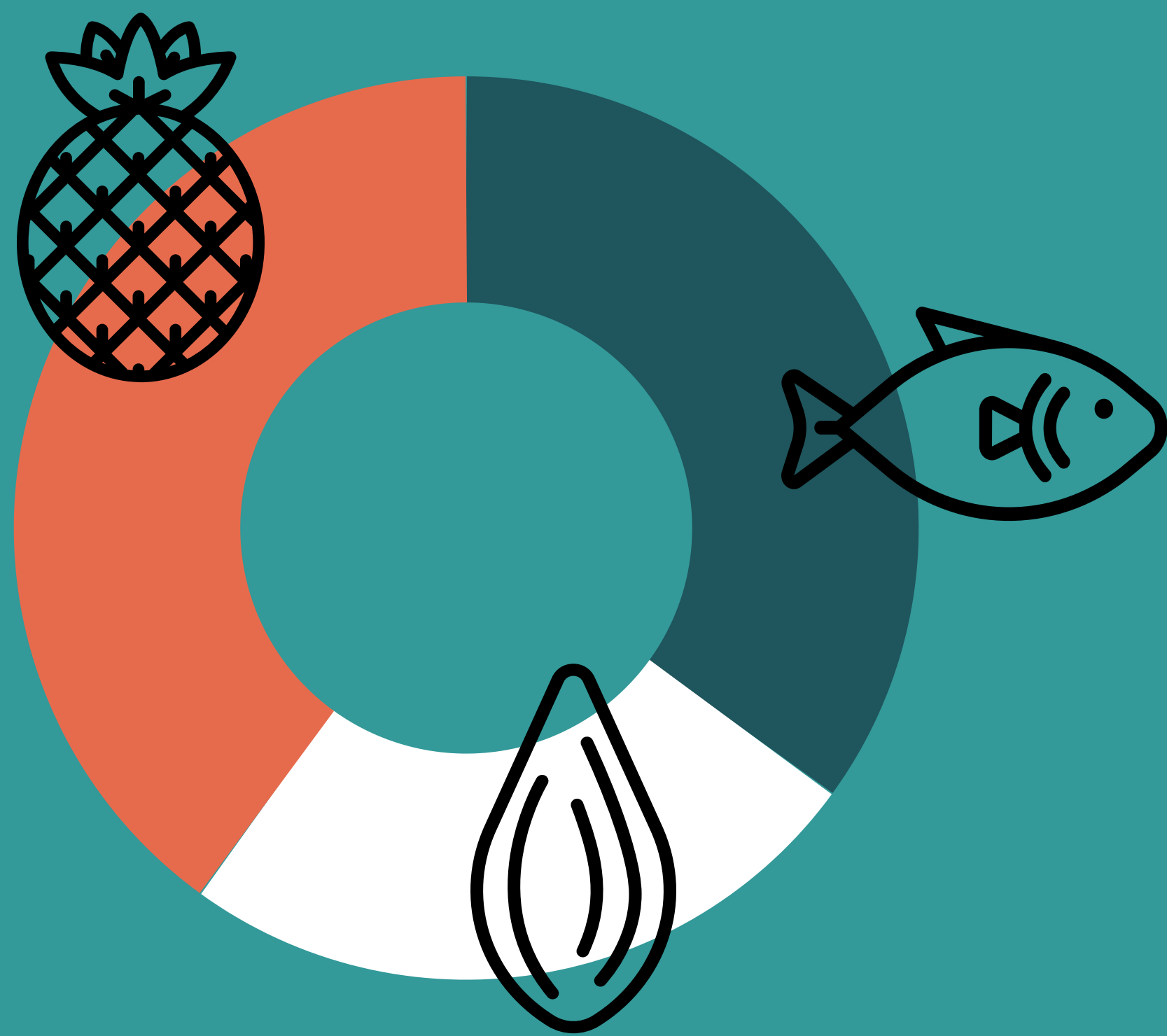


Make Milk Get Fit

by Oasis Lactation Services

Count Your Macros



Protein: About 35% of your calories come from meats, fish, and beans
Fat: About 25% of your calories come from nuts, seeds, and oils
Carbohydrate: About 40% of your calories come from fruits, vegetables, and whole grains

Calculate your Basal Metabolic Rate

$$655 + 4.3x \text{ your weight in pounds} + 4.7x \text{ your height in inches} - 4.7x \text{ your age in years}$$

Calculate your Calorie Needs


$$\text{Basal Metabolic Rate} \times 1.55 + 150$$

Plan to exercise 3 times a week for about 30 minutes. This can be walking in the park, climbing the stairs in your home, or doing a work out in your living room with an exercise program on TV or your computer.

Choose Fresh, Like You Do for Your Baby



Whole fruits and veggies for snacks



Season your food generously to teach your baby about flavors



Leafy greens for iron and fiber



Have a variety of protein foods you enjoy eating - hot or cooled to grab when you're too tired to cook

These are the **SAME FOODS** you would offer your baby who is ready for solids. These foods do not have to be expensive or special. Choose fruits and vegetables that are available in your area and you already know how to prepare. Choose proteins that are affordable. You can still shop the grocery sales and eat healthy.



The formula for eating fit while breastfeeding is to get the correct number of calories while getting the right percentage of protein, fat, and carbohydrate.

Based on a 2000 calorie eating plan:

700 calories come from protein
500 calories come from fat
800 calories come from carbohydrate

What about vitamins and minerals? Most parents can get adequate nutrition by eating a variety of fresh foods and continuing a prenatal or postnatal vitamin as directed by your healthcare provider. Always tell your doctor about any fitness plan you start.



**Fad diets don't work.
Long term health is a
lifestyle change.**

Now you know where to begin to start a healthy eating plan that supports breastfeeding or expressing milk for your baby.

Need follow up help about a specific health concern? Oasis Lactation Services offers Telehealth consults nationwide to help you make evidence based choices and meet your breastfeeding goal.

OasisLactationServices.com or Text 678.509.MILK