

# BOOST YOUR MILK



## ESSENTIAL FOODS FOR BREASTFEEDING MOTHERS TO ENHANCE IODINE AND CHOLINE LEVELS



When breastfeeding, your body needs to consume more iodine and choline in order to support your body and your baby's growth.



It is recommended for breastfeeding mothers/parents to consume about 290 micrograms (mcg) of Iodine and 550 milligrams (mg) of Choline daily for the first year after giving birth

Food	Choline	Iodine
1 Egg	147-169 mg	25 mcg
1 tsp iodized salt	0 mg	250-400 mcg
1 cup black beans	129 mg	0 mg
1 cup soybeans	214-428 mg	0 mg
3 oz roasted turkey	72-94 mg	4.1 mcg
3 oz cooked salmon	187 mg	10-35 mcg
1 cup greek yogurt	25-38 mg	116 mg

### WHAT FOODS CONTAIN CHOLINE AND IODINE?



#### EGGS

Packed with both choline and iodine, eggs are a super nutritious breakfast option.



#### IODIZED TABLE SALT

Iodized table salt is a great source of direct iodine.



#### BEANS, PEAS, AND LENTILS

Soybeans/Edamame, black beans, kidney beans and lentils are especially rich in choline.



#### MEATS

Beef liver and chicken liver are excellent sources of choline. Other options include chicken, tofu, lean beef, turkey, and pork.



#### SEAFOOD (IN MODERATION)

Salmon, seaweed, shrimp, and cod are particularly high in choline and iodine. 8-12 oz a week prevents introducing too much mercury.



#### DAIRY PRODUCTS

Dairy products like milk, yogurt, and cheese are all delicious ways of getting both choline and iodine.

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# Vitamins and Supplements While Breastfeeding



Breastfeeding increases your need for certain vitamins and minerals. Supplements should be taken based on your own diet and in accordance with the Recommended Daily Dose for each essential micronutrient. Certain supplements can be harmful to both you and your baby if taken in excess. It is important to speak to your doctor for a vitamin and supplement plan that is right for you.

## Key nutrients to support breastfeeding

Micro-nutrient	How does it support you and your infant's health	Recommended Daily Dose
Iron	After giving birth it is essential to consume enough iron to support your bodies recovery.	9-10 mg
Vitamin C	Vitamin C supports iron absorption in the body.	120 mg
Choline	Choline support infant brain development and mothers health during breastfeeding.	550 mg
Iodine	Iodine consumption from breastmilk allows infants to produce essential thyroid hormones that are essential to brain and overall growth.	290 mcg
Vitamin D	Vitamin D supports healthy bone development and is often deficient in infants and new mothers. Requirements are dependent on skin tone, sun exposure, and diet.	4000-6400 IU/d

## Should I keep taking my prenatal vitamin?

Usually, continued use of prenatal vitamins with follic acid and iron is not needed during breastfeeding, as excess levels of both nutrients can harm the baby. However, vegetarian and vegan mothers may need the extra supplement. It is recommended to continue use of prenatal vitamins for the first two months after delivery and then talk to your provider about transitioning to postnatal vitamins.

## Supplements to Use with Caution

You should consult a healthcare provider before taking any herbal or ayurvedic supplements. Multiple studies have found certain herbal and ayurvedic supplements to cause negative health outcomes for both mom and baby during breastfeeding. Natural does not always mean safe.

## Vegetarian and Vegan Mothers

Mother's who do not consume animals or animal products in their diets are more at risk of being deficient in iron, vitamin B12, choline, zin, iodine, and omega-3 fats. Talk to your healthcare provider about a supplement plan for you to make sure you get the nutrients to support both you and your baby's health.



Dietary Supplement Fact Sheet



Dietary Guidelines for Americans