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## Pregnancy and Breastfeeding Nutrition!

*"There is no way to be a perfect mother, and a million ways to be a good one." -Jill Churchill*

### Excerpt:

During your pregnancy, you have a wonderful opportunity to provide your baby with the nutrition he/she needs to grow and develop well. Also, you have a great responsibility to your own body to nourish it. If you decide to breastfeed, you will continue this great opportunity and awesome responsibility of nourishing yourself and your baby!

During both experiences, it is important to know which foods you need and which to avoid. Furthermore, it is a good idea to have a meal plan that will help you get the extra nutrients consistently without adding too many extra calories. Keep in mind, while adequate weight gain is crucial for the baby's health, extra weight gain won't help either of you!

### Description:

*This nutrition education sheets goes on to explain healthy weight gain - how much to gain, why it is important, and which body parts (mom & baby) gain what. Next you will learn which extra nutrients are needed, how much, and how to get them (specific nutrients such as folate, calcium, etc). Then, you will learn which foods to avoid during your pregnancy, what are some common nutrition related challenges and how to deal with them, and what diet changes you should make during breastfeeding. All in all, it is a wealth of information that works in conjunction with your meal plan!*