

If you need help call:

Your health care provider or clinic: _____

Breastfeeding Resource Listing: 1 800 835-5968

Lactation Program: _____

La Leche League International: 1 800 525 -3243

WIC: _____

For diabetes and pregnancy information go to:
www.CDAPPSweetSuccess.org

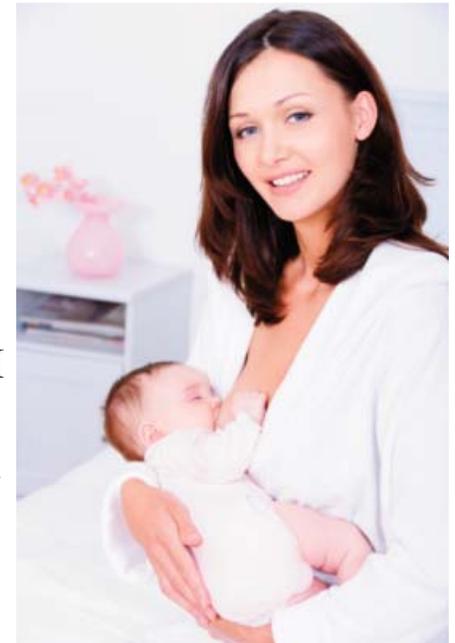
Development of this material supported by Federal Title V funds, received from the California Department of Public Health, Maternal, Child and Adolescent Health Division.
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06/2014

Nutrition Tips

For Women Who Breastfeed and Take Insulin

“I have diabetes. I take insulin to control my blood sugar. When I was pregnant I decided I was going to breastfeed my baby. Breastfeeding is the best thing for both of us.”



Look inside for information on nutrition and breastfeeding!



Breastmilk helps prevent you and your baby from having diabetes later in life. **The longer you breastfeed, the better it is for you and your baby. Breastfeed for at least one year.**

Right after your baby is born, **your insulin needs are lower.** Breastfeeding also lowers your insulin needs. You may need to use less insulin and change your meal plan to stay in good blood sugar control. Keep in touch with your health care provider or team to learn your blood sugar goals for breastfeeding.

Here are some tips to help you breastfeed:

- 1 Breastfeed your baby often (at least every 3 hours). This will help you **make more milk.**
- 2 Try to drink water each time you breastfeed.
- 3 Your blood sugar levels may drop quickly during or after breastfeeding. To keep your blood sugar from getting too low you should:
 - ❖ Nap **after** meals or snacks, **not** before.
 - ❖ Have a healthy snack just before or while you breastfeed your baby. This may help prevent you from having low blood sugar. Your snack should include 1 serving from the starch, fruit or milk group. You could have:

1

Menu Ideas

1/2 cup **non-instant** oatmeal

1 cup chopped onion, tomato, bell pepper mixed in eggs
2 eggs
1 tsp canola oil (to fry eggs and vegetables)

3/4 cup no sugar added, low fat yogurt
3 cups plain popped corn

2 slices whole wheat bread

lettuce, tomato, sprouts (on sandwich)
2 oz sliced turkey
1 tsp mayonnaise

1 oz low fat cheese
1 tortilla (6 inches)
17 small grapes

1 cup fat free milk
1/3 cup cooked brown rice
1 small apple
1 cup broccoli and 1 cup lettuce salad
2 oz lean beef
2 tsp salad dressing

1 cup 1% milk
1 tbsp natural peanut butter
1 slice whole wheat bread

Sample Menu



Time	Meal Plan	
Breakfast 7:00am	Milk	0
	Starch	1
	Fruit	0
	Vegetable	1
	Protein	2
	Fat/Oil	1
Snack 9:30am	Milk	1
	Starch	1
Lunch 12:00pm	Milk	0
	Starch	2
	Fruit	0
	Vegetable	1
	Protein	2
	Fat/Oil	1
Snack 3:00pm	Protein	1
	Starch	1
	Fruit	1
Dinner 6:00pm	Milk	1
	Starch	1
	Fruit	1
	Vegetable	2
	Protein	2
	Fat/Oil	2
Snack 9:00pm	Milk	1
	Protein	1
	Starch	1

- 1 slice of toast or 6 crackers, or
- 1 small apple or 1 cup of melon, or
- 3/4 cup of yogurt or 1 cup of 1% or fat free milk

❖ Learn how your blood sugar responds to breastfeeding. Test your blood sugar before and after you breastfeed at least once so you can see the effect on your blood sugar.

❖ With the help of your health care provider or team, adjust your meal plan and insulin so that your blood sugar is a little higher than when you were pregnant. Aim for blood sugar levels of less than 150 - 155 mg/dl at one to two hour after meals.

4 Eat healthy foods. Follow the meal plan you were given when you were pregnant until you can meet with your registered dietitian (RD or RDN).

5 Limit the amount of calories from foods high in sugar or fats. Some examples of saturated fats are:

- ❖ butter
- ❖ mayonnaise
- ❖ bacon
- ❖ sour cream

6 Eat high fiber foods. Some examples are:

- ❖ beans
- ❖ whole grains
- ❖ vegetables

7 Be aware of your baby's growth spurts. Your meal plan and insulin needs may change during these times.

8 If you have type 2 diabetes, stay on insulin while you breastfeed. **If you are not able to stay on insulin, talk to your health care team about other medicine choices.**

9 Get to a weight that is best for your height. Lose weight slowly. Try to lose between 1 and 4 1/2 pounds a month. Talk to your health care team about healthy ways to lose weight. Try the following:

❖ Set a weight goal. Break your main goal into smaller “mini” goals. For example, you may want to lose a total of 30 pounds. Your first “mini” goal might be to lose 3 pounds this month.

❖ Do not use diet pills!

❖ Talk with an RD/RDN dietitian to help you plan a healthy diet.

10 Take 400 mcg folic acid and other recommended vitamins and minerals daily.

11 Plan an exercise routine. Walking is a good choice.



Remember!

- ✓ Breastfeed at least every 3 hours.
- ✓ Be aware of changes in your blood sugar levels.
- ✓ Aim for blood sugar levels less than 150 and 155 mg/dl one to two hours after meals.
- ✓ Nap **after** meals or snacks, **not** before.
- ✓ Eat healthy foods. Talk to your health care provider or team before making changes to your meal plan.
- ✓ Limit the amount of fats you eat each day.
- ✓ Eat high fiber foods.
- ✓ Drink plenty of water.
- ✓ Be aware of your baby's growth spurts.
- ✓ If you have type 2 diabetes, talk to your doctor about treatment choices.
- ✓ Lose weight slowly.
- ✓ Take 400 mcg of folic acid and recommended vitamins and minerals daily.
- ✓ Exercise every day!