



# Top Nutritional Foods for Breastfeeding Mothers

(Adapted from *The Breastfeeding Book*, by Martha and William Sears, ©2000)

## Food

## Important Nutrients

<b>Avacado</b>	thiamin, niacin, folic acid, fiber, protein riboflavin, vitamin B-6, zinc
<b>Chickpeas</b> (can be made into hummus)	protein, fiber, folic acid, vitamin B-6, calcium, zinc, iron
<b>Eggs</b>	protein, vitamin A, riboflavin, vitamin B-12, folic acid
<b>Fish</b> (salmon, tuna)	protein, niacin, vitamin B-12, zinc, iron, omega-3 fatty acids
<b>Flaxseeds and flax oil</b>	omega-3 fatty acids, seeds rich in protein, fiber, thiamin, riboflavin, niacin
<b>Kidney beans</b>	protein, fiber, thiamin, folic acid, calcium, zinc, iron
<b>Lentils</b>	protein, fiber, riboflavin, vitamin B-6, folic acid, iron; intestine-friendly food
<b>Sweet potatoes</b>	fiber, vitamin A, beta carotene, vitamin C, riboflavin, phytonutrients
<b>Tofu</b> (firm)	protein, fiber, vitamin A, thiamin, folic acid, calcium, zinc, iron, unsaturated fats, phytonutrients
<b>Tomatoes</b>	Vitamin A, Vitamin C, phytonutrients, especially lycopene
<b>Whole grains</b>	protein, fiber, vitamin A, thiamin, riboflavin, niacin, vitamin B-12, folic acid, zinc, iron
<b>Yogurt</b> (plain, nonfat)	protein, calcium, zinc, folic acid, riboflavin, <i>lactobacilli</i> for colon health



## Honorable Mention

<b>Almonds</b>	protein, fiber, riboflavin, calcium, zinc, iron, vitamin E, unsaturated fats
<b>Artichokes</b>	protein, fiber, vitamin A, vitamin C, thiamin, riboflavin, niacin, folic acid, calcium, zinc, iron
<b>Broccoli</b>	vitamin A, vitamin C, beta carotene, phytonutrients
<b>Cantaloupe</b>	carotenoids, vitamin A, vitamin C, beta carotene
<b>Orange</b>	fiber, calcium, vitamin A, folic acid, vitamin C, carotenoids
<b>Papaya</b>	fiber, vitamin C, folic acid, phytonutrients
<b>Peanut butter</b>	protein, fiber, niacin, zinc, vitamin E
<b>Pink grapefruit</b>	vitamin C, fiber, carotenoids
<b>Soy nuts</b>	protein, folic acid, calcium, zinc, iron, vitamin E
<b>Spinach</b>	vitamin A, folic acid, calcium
<b>Sunflower seeds</b>	protein, unsaturated fats, fiber, niacin, folic acid, zinc, iron, vitamin E, selenium
<b>Turkey</b>	protein, niacin, vitamin B-12, zinc, iron

