

USEFUL FACTS

Lactation

Weight Loss

- Breastfeeding can help you return to your pre-pregnancy weight.
- Successful breastfeeding is compatible with gradual weight reduction of 0.5-1.0kg per month in the first six months of breastfeeding.
- Rapid weight loss is unlikely to occur and is not recommended. Dieting is not recommended, as very restricted intakes will not provide adequate amounts of nutrients.

Exercise

- It is a good idea to get back into exercise a few weeks postpartum, after lactation is well established.
- Exercise at low-moderate intensity is best and has no adverse effects on lactation.
- Strenuous exercise can result in lactic acid production that can give breastmilk a sour taste that your baby may not like.

What should I eat?

- You should choose a variety of foods from the four major food groups each day to ensure you are receiving all the nutrients your body needs.
- Some women avoid foods such as cabbage, onions, other vegetables and spicy foods to prevent excessive wind in their infants. However, there is little scientific evidence to support this theory.
- Women should be encouraged to try the foods before avoiding them to prevent unnecessary restrictions, and to seek professional advice from a Doctor and/or a NZ Registered Dietitian before avoiding foods, as this may be detrimental.
- Drink plenty of fluids every day. You should aim for at least 6-8 glasses each day.