


Key Nutrients for Breastfeeding Mothers:



Nutrient	Importance	Food Sources
Protein	Supports milk production and recovery.	Eggs, lean meats, poultry, fish, tofu, lentils, beans, dairy products, nuts, seeds.
Calcium	Essential for strong bones and teeth.	Milk, yogurt, cheese, leafy greens (kale, spinach), fortified plant-based milk.
Omega-3 Fatty Acids	Supports brain and eye development in babies.	Fatty fish (salmon, mackerel), flaxseeds, chia seeds, walnuts, fortified eggs.
Iron	Prevents fatigue and supports red blood cell production.	Red meat, poultry, beans, lentils, spinach, fortified cereals.
Vitamin D	Helps with calcium absorption and bone health.	Sunlight, fortified milk, fatty fish, egg yolks.

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<p data-bbox="145 483 425 643">B Vitamins</p>	<p data-bbox="513 483 1160 643">Supports energy production and brain health.</p>	<p data-bbox="1252 483 1900 643">Whole grains, dairy, eggs, leafy greens, legumes.</p>
<p data-bbox="145 672 425 833">Hydration</p>	<p data-bbox="513 672 1160 833">Essential for milk production and maintaining energy levels.</p>  <p data-bbox="942 1402 1099 1421">New Parents Care</p>	<p data-bbox="1252 672 1900 833">Water, herbal teas, milk, fresh fruit juices.</p>