



## Lactating Mum

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Dear mother if was You read This the Lines; You carry Your child Your baby. Between Your hands And Surround her I love you and your care: and from most important aspects care in this period "Breast feeding Of Natural", Which Create between you and between them a link distinctive and for information, the Your baby. The Pampered will get on every what required by from through you. and for this i put between your hands group from the tips to keep on your health and your strength and force your bones and to provide the best to your child.

Breastfeeding uses the fat stock of your body; the production of milk itself needs a great deal of Energy and This helps you to lose weight earned during pregnancy.

It is useful to know:

- Breastfeeding is important for the growth and development of the disease and the increase of immunity and prevention of diseases.
- Feeding The mother, her comfort, her psychological condition and Her desire to breastfeed her child; these factors have Role Effective in Quantity Milk.
- The breastfeeding mother must get all the Nutritional needs and get a healthy and Balanced nutrition Increase the number of meals up to 4-5 meals a day.
- You should pay attention to proteins, vitamins and calcium in particular to prevent long- term osteoporosis. Calcium deficiency in milk leads to consumption of your stock and bones.
- Proteins have an important role in increasing milk, such as Milk and dairy products, legumes and meat, chicken and The Fish.
- The feeding hormone oxytocin make you thirsty, so you need fluids 8-10 cups a day from Alma. In addition To Soups and the juices of Natural.

- Some materials increase the generation of milk such as Fenugreek, Nigella sativa and cinnamon.
- Follow up on dietary supplements described by your doctor during pregnancy to ensure that you get everything you need if you don't get food.
- Avoid foods that may alter the taste of milk such as onions, garlic or concentrated petals.
- Avoid caffeine as far as possible.
- To maintain your weight, replace milk and dairy products with a low fat or skimmed whole fat, knowing that you will get the same amino acids as less.
- With a cold ambience, it is best to get energy from dates or a cup of warm milk with melted chocolate, orchid or caraway, which is more useful than a creamy dessert.
- Avoid foods that cause heartburn or colic.



**Figure 1**

| Provide your body with                                      | Alternatives One share equals   | Number of servings           | Group                 |
|---|---|------------------------------|-----------------------|
| Calcium<br>Proteins<br>Vitamin B                            | Cup milk 240 ml<br>Cup milk Chenina<br>Cup Milk<br>Cup Pudding  | 4-5 Servings                 | Milk and Dairy        |
| Folic acid<br>Iron<br>Vitamin B<br>Proteins                 | One Egg<br>30 G (Chicken/meat/fish/liver)<br>Twopieces of white cheeseor yellow.<br>1/4 Cup Tuna<br>2 M.KBrick<br>peanut Butter2 M. k<br>2 Slice mortadella or terky.   | 6-7 Servings                 | Meat and legumes      |
| Vitamins<br>Folic acid<br>Dietary Fibers                    | <ul style="list-style-type: none"> <li>Cup fresh vegetables (salad) 1/2 Cup cooked vegetables (Mallow Okra/Beans)</li> <li>Medium -sized fruit or 1/2 Cup natural juice. (Apples, bananas, oranges, 3 dates, strawberry cups, 1/2 Pomley...)</li> </ul> | 3-4 Vegetables<br>3-4 Fruits | Vegetables and fruits |
| Iron<br>Vitamins<br>Fiber<br>An essential source of Energy. | 1/3 Arab Loaf<br>1 Toast<br>½ Cup grits/bulgur/pasta<br>1/3 Cup Rice<br>1/2 Cup corn Flakes<br>1/3 chickpeas, corn, beans.  | 10-12 Servings               | Cereals and bread     |
| Energy.<br>(Limited quantity)                               | M. Am Oil/Butter/Obesity  | 4-5 Servings                 | Fat                   |
|   |   | 10-12 Cups                   | Alma                  |

**Table**

The food groups you need, the number of servings, and some alternatives.



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