



Apollo  
Cradle  
DELIVERING JOY



HEALTHY MOTHER,  
HEALTHY MILK,  
HEALTHY BABY

**CONGRATULATIONS ON  
YOUR BUNDLE OF JOY.....!**

**A**s a mother, one of the best things that only you can do for your baby is to breastfeed. Breastfeeding is more than a lifestyle choice - it is an important health choice. Any amount of time that you can do it will help both you and your baby.

Every mother has the potential to succeed and make breastfeeding a wonderful experience. The period of lactation is a relatively brief and very special time in a woman's life that is fondly remembered with a measure of pride. During this unique phase in the childbearing cycle, a breastfeeding mother will need to take extra care to assure that she produces and provides to her infant abundant, high-quality milk.

Unfortunately, many misinformed women decline to breastfeed because they worry that they don't "know all the rules" or they fear they will have to make drastic changes in their lifestyle to accommodate nursing. Dive into our resources and discover the joy of breastfeeding.

Breast milk is widely acknowledged as the most complete form of nutrition with a range of benefits for infants' health, growth, immunity and development - Healthy People 2010, Centers for Disease Control and Prevention, Atlanta, Georgia

It has long been said that "a breast-fed baby is a well-fed baby." In fact, breastfeeding is universally endorsed by many health and scientific organisations, including the American Academy of Pediatrics and the World Health Organization as the ideal way to feed an infant. Decades of research has revealed that breast milk is a uniquely complex substance currently unable to be duplicated by artificial means. It is the most complete form of nutrition for an infant containing the perfect balance of nutrients essential for a baby's optimal growth and development, as well as substances necessary to protect against acute and chronic illnesses.



During pregnancy and continuing through the early days of breastfeeding, a special thick and sticky milk is produced, called Colostrum.

**It is important that you feed colostrum to your baby as it:**

- is low in fat, and high in carbohydrates, protein & antibodies that help keep your baby healthy
- is easy to digest but high in concentrated nutrition
- has a laxative effect helping the baby pass early stools
- works as a natural, 100% safe vaccine (immunobooster)
- contains large quantities of secretory Immunoglobulin A (IgA), an antibody which protects the baby in the places most likely to come under attack from germs i.e. mucous membranes in the throat, lungs and intestines

**Exclusive breastfeeding for six months provides your baby with the following benefits:**

- **Nutritionally complete food:** Breast milk contains adequate calories and provides the right kind, amount of proteins, fats, lactose, vitamins, iron, minerals, water and enzymes. It contains iron, water soluble Vitamin D, Vitamin A, C and E more than cow's milk.
- **Hygienic:** It is clean, free from bacteria and has anti-infective properties.
- **Detoxifying agent:** It also contains substances that prevent harmful bacteria from growing in the intestines and causing loose stools.
- **Economical and readily available:** It is ready to serve when the baby wants it, needs no preparation and has the right temperature. It is economical and free from contamination.
- **Emotional bonding:** Breastfeeding enhances the emotional bond between mother and child and provides warmth, love and affection in full measure.
- **Germ shield:** Breastfeeding protects the child against several infections including the respiratory kind.
- **More immunity:** Breastfed babies are less prone to having diabetes, heart diseases, eczema, asthma and other allergic disorders later in life.
- **Higher IQ:** Breastfed babies have been shown to have a higher IQ and better mathematical abilities than infants who are not breastfed.
- **Better development:** Breastfeeding enhances brain development. There is better visual development and visual acuity leading to learning readiness.



## Some of the suggested breastfeeding practices include:

- Breastfeeding within the first hour of life or as soon as possible thereafter
- Rooming-in for newborns to facilitate breastfeeding
- Unless medically indicated, no formula or water supplements
- Breastfeeding on demand and paying attention to hunger signs other than crying such as rooting, mouthing, increased alertness or activity
- Breastfeeding exclusively for the first six months of life, then adding solid foods
- Expressing human milk for feeding when breastfeeding is not possible

### *Points to remember:*

- The more the baby breastfeeds, the more milk your body will produce. So, **breastfeed early & often.**
- New babies breastfeed about every two hours. However, they often breastfeed for many reasons other than hunger. Therefore, allow the newborn to breastfeed as often as he or she wishes.
- Be sure the baby is sucking effectively.
- Offer both breasts at each feeding.
- If you must return to work, remember that the baby can be breastfed part-time or you can express breast milk.



## Nutrition for Breastfeeding Moms



- To ensure adequate secretion of milk for the infant and also to keep yourself healthy...make sure that your diet fulfils the recommended intake of iron, zinc, magnesium, vitamin D, vitamin E and folic acid. Zinc is in meats, eggs and whole grains. Magnesium is in whole grains, beans and nuts. Vitamin E is in wheat germ, nuts, many oils and whole grains. Meat, eggs, whole-grain breads, cereals and wheat germ are also iron-rich.
- You need an extra 500 calories a day (unless you are underweight to start with). When feeding twins, an extra 600-1000 calories per day should be added to your diet. Total caloric intake when lactating is 2300-2500 calories for a single baby and 2600-3000 calories for twins depending on the size and activity level.
- Drink more (non-caffeinated) fluids and water, going up to 2-3 litres/day.
- Take up to 700 ml of skimmed milk in some form to meet the calcium requirement of the body during lactation. The normal recommended daily intake of calcium is 700- 800 mg, but this rises to 1,250 mg while breastfeeding.
- Eat six small meals a day - little more than snacks - rather than three large ones. Do not skip any meal.
- Take 3-4 servings of vegetables in a day which includes greens, raw vegetables as salads & cooked side dishes.
- Take 4-5 servings of fruits in a day including all fruits that are rich in fiber and micronutrients.
- Ghee & preparations made of ghee, like laddoos, to be used in moderation (use ghee for seasoning only).
- Sugar intake should not exceed 3 teaspoons a day. For sweet preparations, use jaggery instead of sugar.
- Do not use fresh / dry coconut in cooking.
- Take less spicy food than normal to keep away acidity (heart burn).
- Always remember to eat good quality, balanced diet.
- Include white meat only i.e. chicken, fish and egg white only, in the grilled / boiled / curry form.
- A gap of 2 hours after dinner is required, so avoid going to bed immediately after eating.
- Include galactogogues (food substances which stimulate milk secretion) in your diet.

Sl. No.	Galactagogues	Recipes where it can be incorporated
1	Fenugreek Seeds	Veg. curry, sweet fenugreek, pongal, methi, laddoo, methi sprouts, dosa batter
2	Cumin Seeds	Jeera rice, akki (rice) roti, curries, jeera buttermilk
3	Ginger	Gravy vegetables, curries
4	Jaggery	Chikki, laddoos, payasam, dalia mixed with jaggery
5	Fennel	After meals as mouth freshener, veg. kurma, non-veg. gravies
6	Sesame	Chikki, til laddoos, til chutney
7	Almonds	Badam kheer, badam chikki, badam halwa, roasted badam
8	Garden Cress Seeds	Chikki, alvi laddoo, garden cress seeds porridge
9	Milk	Milk shakes, smoothies, ice cream, kheer
10	Garlic	Chutney, veg. curries, non-veg. dishes, garlic halwa, pulav
11	Shepu leaves	Sambar, stuffed paranthas, vegetable preparations



## Dietary advice for healthy lactation

### *Recommended foods:*

- Consume at least 600 ml milk per day (including coffee, tea, curds and buttermilk), preferably toned or double toned.
- Use whole grains and pulses rather than refined cereals like maida.
- If mixing cereals with pulses for chapatti, use in the following proportion - 4 parts of cereal + 1 part of soya atta / flour.
- Liberal intake of green leafy vegetables and salads in the form of soups, salads, mixed vegetable raita, cooked vegetables as sabzis etc.
- Judicious intake of roots and tubers (like potatoes, colocasia, sweet potato, yam, etc).
- Prefer consuming low calorie fruits - apple, papaya, pear, peach, orange, sweet lime, melon, guava, pomegranate - over their juices.
- Select roasted snacks - roasted channa, puffed rice, avalakki (beaten rice) - prepared at home.
- Consume at least 2 litres of water every day.
- Cultivate the habit of having food at smaller intervals and in small quantities like 3 major meals and 3 - 4 small snacks in between (fruits, salads and buttermilk).

### *Foods to be avoided:*

- Extra sugar in the form of excess coffee, tea, sweets, glucose, honey, jams, jellies, candies, ice creams, soft drinks and other sweetened beverages.
- Deep fried food (samosa, kachori, namkeen, wafers, paranthas etc.) and bakery items on a daily basis.
- Red meat like lamb (mutton), egg yolk, prawns, crab and organ meat.
- Dried fruits like groundnuts, pista, coconut, and cashews etc.
- Avocados, mango, chickoo, grapes, custard apple, jackfruit & big bananas - as they are high in calories.
- Extra salt on the table (top salt), daily consumption of pickle, papads, ready-to-eat foods, processed foods, salted nuts, salted fish and chutney powders which contain salt as a major preserving agent.

## EXERCISE

Physical activity is complete when it is a combination of brisk activity and stretching exercise for 45 - 50 mins a day i.e. 10 - 15 mins of stretching exercise as a warm up activity, plus 40 mins of brisk activity. Consult your doctor before you begin any exercise program.



Timings & Meal	Suggested Menu
Morning (7:00-7:30 am)	Milk - 150 ml + Marie biscuits - 4
Breakfast (8:30-9:30 am)	Idli / Dosa / Chapathis / Whole Wheat Bread Slices / Veg. Sandwich - 4
	Avalakki / Upma with Sambar or Vegetable preparations - 2 cups
	Oatmeal Cornflakes + Milk or Egg White
Mid-Morning (11.00-11:30 am)	Milk / Buttermilk / Veg. Soup - 200 ml; Fruit / Salad / Sprouts - 1 cup
Lunch (1:30 -2:30 pm)	Chapathis - 4 / Rice - 2 cups + Dal - 1 cup / Non-veg - 60 gm + Vegetable preparation + Cucumber + Curds (1 cup each)
Evening (4:30 - 5:30 pm)	Milk - 150 ml; Biscuits / Rusk / Avalakki / Puffed Rice / Fruit
Dinner (8:00 - 9:00 pm)	Same as lunch
Bedtime (10:00-10:30 pm)	Milk / Buttermilk - 150 ml

### Food Substitutes

1 Chapathi (25 gm flour) = ½ cup cooked Rice / Upma / Avalakki (beaten rice) / Pongal / 2 pcs Dhokla/ 1 Idli / 3 Marie Biscuits / 1 ½ slices of Bread

Egg (no yolk) = 1 medium cup milk (200 ml)

1 cup cooked Dal = 5 tsp roasted Channa (25 gm)

NOTE: 1 cup = 150 ml of beverage and  
1 cup cooked rice = 100 gm by weight

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