

UCSD Lactation Educator Program

Nutrition Assignment

1. **List and explain 3 reasons** why a Lactation Educator should know about the nutritional status of the breastfeeding woman. (Does not need to be referenced)
 - Prenatal vitamins: sometimes that may cause the baby to be fussy (or in pain) about 3-4 hours afterwards if the mom is getting too much of those vit/min.
 - Cows' milk: it is possible for the proteins to get into the breastmilk and make the baby fussy.
 - High sugar foods and drinks: can overbalance a mom's sugar/fat balance making the baby fussy and have green stools.
2. **Discuss 3 common fallacies/myths** regarding food and food sensitivity in the breastfeeding mother and infant. State the fallacies or myth and then state your response to the client/participant/patient. (Does not need to be referenced)
 - "I've heard that I can't eat chocolate while breastfeeding." Some women have found that what they eat affect their babies. I would suggest that you eat normally and watch your baby. It takes about 3-4 hours for what you ate to get to your baby. If you notice a pattern that after a certain food your baby is fussy 3-4 hours later, avoid that particular food.
 - "I can't breastfeed because I am not good at drinking water." It is important to stay hydrated while you breastfeed, but you don't have to drink more than you are thirsty for. You can also substitute juice or milk for your liquids and stay hydrated.
 - "My baby is fussy, should I go off of dairy?" I would ask more questions such as if she notices changes in her baby's behavior soon after (3-4 hours) she drinks milk. You can try to go off of dairy, and I would teach her how to tell if it was actually helping.
3. **Weight Loss: Please reference your answers**
 - a. **Describe the weight loss recommendations** for the breastfeeding mother after 3 months postpartum. **State what you would say** to a client/participant/patient when they ask you about breastfeeding and dieting. Remember to include **minimum number of calories; at least 2 strategies for calorie reduction; and at least 2 ways for a breastfeeding mother to get exercise.**
 - i. As you breastfeed it is easier to lose weight because you are giving your baby some of the calories that you eat each day. You can lose more weight by limiting your calories, by exercising or both. I would suggest that you don't go lower than 1800 calories per day, but for sure do not go below 1500 calories per day. When you are decreasing your calories look for ways to cut out the extras in your diet such as desserts and high fat/sugar snacks. You can replace these by lower calorie foods that you like. You can also cook meals with less added butter or oil (substituting spices for taste) to decrease calories in your food. You can also exercise to increase the amount of calories that you burn. Wearing your baby will be a great way to get a little more exercise in either normal activity or exercise. You can also go walking or jogging with your baby in the stroller. Regardless of which ways you choose to lose weight, you should be careful not to lose more than 1 pound per week.
-La Leche League International The Breastfeeding Answer Book, 3rd Edition, pg 446-48
 - b. **Discuss at least Weight Watchers and 1 other commercial or advertised breastfeeding diet plan.**
 - i. Weight watchers is a great program to use, especially if you use a group or counselor. Be sure to tell them that you have just had a baby and are breastfeeding. They will help you to adjust your points so that you are getting enough calories for you and your baby. Be sure to ask your doctor before joining any weight loss program. If you are doing your own Weight Watchers program online, you need to carefully watch that you don't lose more than 1 pound a week. Also focus on eating healthy foods: foods high in protein, vitamins, and minerals, and continue taking your prenatal vitamins.
 - ii. Medifast 5 and 1 program: In this program they ask you to eat 5 small meals per day emphasizing vegetable shakes, lean meat, and lots of water. The principles sound good: eating frequently and focusing on high nutrient, low calorie foods, however they claim that you can lose from 2-5 pounds per week, which is not healthy for breastfeeding moms. If you choose to try this program

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be careful not to lose too much weight at once.

- c. **Discuss breastfeeding and vegetarian diets.** Be sure to include the vitamin a breastfeeding mother must have in her diet.
- Vegetarian diets can be very nutritious and help women lose their pregnancy weight. However, breastfeeding mothers who are vegetarians need to be conscious of certain principles to make sure that their milk has all of the nutrition that their babies need. They should be sure that they are getting enough calories so as not to lose more than 1 pound a week, making sure to have variety in their diet. They should also take a vitamin B12 supplement, because vitamin B12 comes from meat sources and vegetarians (particularly vegans) are typically very low in B12 intake.

The Breastfeeding Answer Book 3E, La Leche League International, p 444-45

4. **Give your recommendation for** the use by lactating woman of the following: (“Don’t do it”, is not an appropriate answer and DO NOT COPY and paste from the Internet ... Based on a reference source *what would YOU say* to the client).

Please reference your answer.

- Alcohol (Include minimum 2 points covered in class)
 - For moms who drink socially or very lightly, breastfeeding is recommended. In this case, moms need to be aware that alcohol easily goes into breast milk. However, it also is quickly eliminated from the system. From 1 serving of beer or wine it takes the average women at least 2 hours to pass the alcohol from her system. From one high alcohol drink it can take up to 13 hours.
 - If a mom is a binge drinker, tell her to pump and boil the milk for about 24 hours after the binge so that the baby does not get the effects of the alcohol
 - If the mom is a problem drinker, breastfeeding is contraindicated.
(The Breastfeeding Answer Book 3E, La Leche League International, p 597-98)
- Marijuana (Remember to include your advice to the once a week user)
 - The use of marijuana is contraindicated during breastfeeding. Not only will the drug stay in the baby’s body for several weeks, the mother’s ability to care for her baby will be impaired.
(The Breastfeeding Answer Book 3E, La Leche League International, p 603)
 - Perhaps a mom would be able to use marijuana once a week following similar guidelines as cigarettes (though it makes me nervous to say it). She would want to find someone to care for the baby while she was high and have milk prepared for the baby that does not have the drug in it.
<http://www.health-e-learning.com/resources/articles/40-social-drugs-and-breastfeeding>
- Cigarettes (Include minimum 3 points covered in class)
 - First of all, I should say that not smoking would be healthier for you and your baby
 - However, if you choose to smoke, it is healthier for a baby to breastfeed instead of to formula feed. The goal will be to minimize the amount of nicotine the baby gets from breast milk and from the second hand smoke.
 - First, to decrease the nicotine in your milk, smoke right after your baby breastfeeds. This will give the most time for the nicotine to be eliminated from your body.
 - Also, smoke outside (and request other to do the same) so that the baby will not breath in second hand smoke.

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3. Because the smoke can be carried in on your clothes, it is good to wear a smoking jacket—anything that will cover you well and decrease the amount of smoke that gets into your clothes. This will decrease the exposure the baby has to the smoke.

(The Breastfeeding Answer Book 3E, La Leche League International, p 600-1)

- d. Caffeine (Be practical in your advice, how will a mom know what amount is ok and what should she do?)
 - i. If you drink more than is equivalent to 5 cups of coffee (750 mL), that is too much and may negatively affect the baby.
 - ii. However, you can drink some caffeine and it will probably be okay. Watch your baby for signs of being overstimulated by caffeine: wide-eyed, active, alert, unusually fussy. If you find your baby has these symptoms, try going of caffeine for a couple of weeks and watch your baby.
(The Breastfeeding Answer Book 3E, La Leche League International, p 599)
- e. NutraSweet
 - i. The research tells us that the amount of aspartame that crosses into moms' milk is not enough to worry about (except if the baby has PKU). *Medications and Mothers' Milk*, 2010
 - ii. However, some moms have noticed that it affects their babies. If you notice that it negatively affects your baby when you drink too much NutraSweet, avoid it, or drink in moderation.
<http://www.netwellness.org/question.cfm/8448.htm>
- f. Chocolate (Look up Theobromine) (Be practical in your advice, how will a mom know what amount is ok and what should she do?)
 - i. It is true that sometime chocolate affects your baby. If your baby cannot handle chocolate, you will know by the baby's activeness, fussiness, diarrhea or green stools. In this case, you may need to consume chocolate in moderation, and maybe avoid it altogether. It will be helpful to know that the darker the chocolate, the more Theobromine (the thing that affects your baby). So, eat lighter chocolate—especially white chocolate has very small amounts of Theobromine.
<http://www.breastfeeding-problems.com/breastfeeding-and-chocolate.html>
- g. Prescription Medications
 - i. I would recommend that she talks with her doctor or call the pregnancy risk line to know if she can take a prescription medication. I could also look it up for her on Toxnet or in Medications and Mother's Milk (by: Thomas W. Hale) which we have in our library at work.
- h. Recreational drugs
 - i. I would recommend that she avoid recreational drugs while breastfeeding. If she is addicted, I would not recommend that she breastfeed.
 - ii. If she wants to go to a party, I would follow the above recommendations, depending on the drug.
<http://www.health-e-learning.com/resources/articles/40-social-drugs-and-breastfeeding>

5. Diet analysis:

- a. **List** your own 24 hour intake of food and beverages.
 - i. Breakfast
 1. 3 french bread pieces of toast
 2. 1 tsp butter, 1 tsp peanut butter, 1 tsp apricot jam

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- ii. Lunch
 - 1. 1 Peanut butter sandwich
 - 2. 1 small peach
 - 3. 1 very small apple
 - 4. 2 cucumbers

- iii. Snack
 - 1. About 20 Tootsie Rolls
 - 2. 3 small pretzels

- iv. Dinner
 - 1. 15 chips
 - 2. 2 oz taco meat
 - 3. 2 oz cheese
 - 4. shredded lettuce
 - 5. diced tomato
 - 6. bean dip
 - 7. 2 peanut butter bars

- b. **Evaluate this list** as though you were a BF woman that is 3 months postpartum.
- c. **Make a recommendation**, to balance this intake
- d. **Please reference your answer.** You may want to use www.mypyramid.gov or www.calorieking.com
- e. **Include the following information:**

- i. Calories total 2302 cal Grams of fat 68 g

- ii.

Food Group	What I ate	Recommendation for 3 mth postpartum women
Grains	6 oz	8 oz
Vegetables	2.5 cups	3 cups
Fruit	1.5 cup	2 cups
Dairy	1 cup	3 cups
Protein Foods	4.5 oz	6.5 oz

- iii. Carbohydrates 360 g Proteins 62 g Additives 701 empty cal

- 6. **Be sure to use at least one text reference AND one internet reference and clearly list them at the end of the question. You MUST include this in the assignment!!!**

The balance of food groups is close to the recommended on the government website¹. However, for a nursing mom, they would need to be much higher while the calories would only need to increase about 100 calories.

The types of foods, regardless of whether I was nursing or not, were not very high quality. I ate too many refined breads and too much sugar (with all those tootsie rolls and the peanut butter bars.) I would recommend to myself to take more food to school and work so that I would not be hungry and snack on the tootsie rolls at work. This food could be another peanut butter sandwich—giving me more grains and protein, some more fruit or vegetable snacks, or some

¹ <https://www.supertracker.usda.gov>

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cheese sticks. These types of snacks would contribute to my nutrient intake and not just to my calorie intake.

Looking at the nutrient intake, I was below many of the vitamin and mineral intakes. Specifically important to nursing moms, I need more calcium, zinc, magnesium, vitamin B6, and folate². I would also recommend that I continue taking prenatal vitamins as well as try to vary my fruits and vegetables emphasizing fruits and vegetables with dark and vibrant colors. These I could work into dinner or into the extra snacks at work.

² The Breastfeeding Answer Book 3E, La Leche League International, p 446-48.