

Nutrition Guide for Breastfeeding Athletes

Daily Energy & Nutrient Needs

- Breastfeeding costs your body an additional 300-700 calories daily!
- Add physical activity and eating enough can be challenging.
- Eat regularly: 3 meals + 2-4 snacks daily
- Carbohydrates and protein at each meal and snack
- Purposefully add healthy fats - avocado, nuts and seeds, olive oil
- Many micronutrient requirements are higher while breastfeeding - continue taking your prenatal

Hydrating = your new full-time job

- Hydrate throughout the day (aim for 3-4L/day; adjust with training, heat, sweat loss)
- Sip on fluids consistently throughout the day and during night-time feeds - don't wait for thirst
- Add electrolytes during longer workouts, heat, or nausea/vomiting
- When drinking enough feels difficult, focus on other fluids such as herbal tea, sparkling water, yogurt, soups, stews, fruits, vegetables, frozen yogurt or ice cream, or jello.

Fuel up around training



Pre-workout:

Easy-to-digest carbs + sip on
250-500ml fluids 30-60
minutes before

During your workout:

Fuel for sessions >60
minutes (30-60 grams carbs
+ 300-900ml of fluids per
hour of exercise as tolerated)

Post-workout recovery:

Protein (~30g) + Carbs
(1.2 g/kg body weight)
+ fluids

Mom tip: Consider feeding/pumping prior to your workout for comfort

Signs you are underfueling

- Low milk supply
- Persistent fatigue or dizziness
- Slower recovery, soreness
- Headaches or poor sleep
- Irritability, cravings, brain fog
- *If in doubt...add a snack and connect with a dietitian!*