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# FEEDING YOUR BABY

*How Is My Milk Made?  
Nutrition And Fitness While  
Breastfeeding*



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*Second Trimester*



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## How Is My Milk Made?

Do your breasts feel fuller and tender? This is a sign that your body is hard at work beginning the milk making process.

- Breast change is the result of hormones flowing through your body.
- You may leak a few drops of milk during your pregnancy.
- The skin around your nipples, known as the areolas, is darker and you may notice tiny bumps around them.

After the baby is born and the placenta is delivered, the estrogen and progesterone levels in your body drop. This causes an increase in prolactin and oxytocin levels. Prolactin signals your body to make milk to feed your baby.

Colostrum is the first milk your breasts will make in preparation for feeding your baby. Most mothers report that mature milk comes in 2-3 days after birth. Breasts may feel noticeably heavier and fuller.



## Nutrition And Fitness While Breastfeeding

It is important to make healthy eating choices while breastfeeding. You will be responsible for providing nutrition for both yourself and your newborn. This will require you to eat an extra 500 calories a day. Some examples of foods to eat to help maintain adequate nutrition are the following:

- High protein foods (eggs, dairy, lean meats, and beans)
- Whole grains
- Fruits
- Vegetables

The flavor of your breastmilk will change with the foods you eat. Eating a variety of foods will expose your baby to different tastes. This may be beneficial once you start introducing solid foods. In addition to eating a healthy diet, it is recommended that you continue taking your prenatal vitamin while you are breastfeeding. Make sure you are staying hydrated by drinking lots of water. Try to avoid drinks high in sugar, such as juice. Caffeine should be limited while you are breastfeeding. It is recommended that you limit caffeine to 2-3 cups a day.

Can I exercise while I am breastfeeding? Yes, exercising will not affect your milk supply. Exercising will cause you to burn calories; therefore, you need to pay careful attention to eat the recommended calories for both you and your growing baby. Again, make sure you are staying hydrated.

*Here to support you!*

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