

Medifast for Nursing Mothers

Meal Plan



Lose weight while your baby grows.





Congratulations! A new baby is a joyous gift, but lingering postpartum pounds are less welcome. Medifast can help you get your body back to a healthy weight while you are nursing.

Medifast for Nursing Mothers is designed for the nursing mother whose baby is over 2 months of age. This nutritionally-balanced program allows for gradual weight loss. It is designed to support your body's nutritional needs and encourage optimal growth in your nursing child. Once your baby's food intake is less than 30% breast milk, you can continue this plan or move to the **Medifast 5 & 1 Plan**, which provides a lower amount of calories and carbohydrates, and may increase your rate of weight loss.

Before starting any weight-loss program, such as the *Medifast for Nursing Mothers* Program, we recommend you consult with your physician to make sure this meal plan is right for you.

Healthy eating strategies for nursing mothers

Take a daily vitamin. As during pregnancy, your doctor may prescribe a daily vitamin during lactation to supplement your nutritional needs.

Avoid alcohol and limit caffeine as both can appear in breast milk. Limit caffeine to no more than 300 milligrams per day, approximately three 8-ounce (oz) cups of coffee.

Eat every 2-3 hours throughout the day instead of 3 larger meals per day. This will help keep your metabolism active, prevent hunger and overeating, and establish new healthy eating patterns for you. Make sure you eat a healthy breakfast each day. After an overnight fast, your body needs the first meal of the day for energy and blood sugar stabilization.

Drink fluids. While taking in an excessive amount of fluid will not increase breast milk production, inadequate amounts may affect breast milk volume. Strive to drink 64-96 oz (8-12 glasses) of fluids each day, especially water.

Eat at least 1,500-1,800 calories per day. While nursing, you should not consume less than 1,500-1,800 calories per day (see sample meal plans on pages 5-6). Some women may need more than 1,800 calories per day. Medifast strongly advises against intake below 1,500 calories (or weight loss greater than 1-2 pounds per week).

Decrease your calories gradually. Rapid weight loss or a drastic drop in calories can reduce milk supply. Gradually cut back on your calories to lose a pound or two each week.

Get your rest. Sleep is important to keep your concentration, fuel your mood, and control your eating patterns. It may seem difficult at first, but try to sleep when baby sleeps to make sure your body is at its strongest.

Commit yourself to gradual change. Remember, it took nine months to put the weight on. Give yourself some time to make life-altering changes for lasting results. Be patient, and enjoy this time with your baby!

Eat foods with fiber, which can decrease the risk of constipation, and may help to satisfy hunger for longer periods of time. Each day, incorporate fruits, vegetables, whole grain breads and cereals, and beans.

Decrease the amount of saturated and trans fat in your food choices for overall heart health. Avoid butter, cream cheese, creamer, bacon, and sour cream, and instead, try monounsaturated fats such as canola or olive oil, black or green olives, sesame seeds, avocado, peanuts, almonds, or peanut butter.

Include omega-3s (essential fatty acids), which promote brain development and function, benefit heart health, and may even reduce postpartum depression. Breastfeeding women should get at least 200-300 milligrams (mg) of the essential fatty acid DHA each day. Food sources include fish, especially salmon, whitefish, mackerel, pollock, sole, shrimp, perch, cod, haddock, tilapia, catfish, and tuna (no more than 6 oz canned albacore / week).

Other sources include omega-3-fortified eggs, nuts, and seeds (such as flaxseed), as well as dietary supplements. Before adding a dietary supplement, be sure to consult with your physician to determine if this is the best way for you to get your omega-3s each day. Medifast's own Super Omega-3 dietary supplement meets stringent criteria for purity and may be one option if a supplement is recommended.

Minimize sugar and sugary foods, which provide empty calories and will not help you achieve your weight loss or health goals. Ask your pediatrician about the use of artificial sweeteners or artificially sweetened products while nursing. These can help to reduce total calorie intake while still providing a sweet treat for your taste buds.

About acesulfame potassium

The FDA approved this artificial sweetener for consumption by all segments of the population, including pregnant and lactating women. Many Medifast products contain the artificial sweetener acesulfame potassium. For more information on this sweetener, please see the following Web site: <http://www.ific.org/publications/brochures/acekbroch.cfm>.

Healthy eating strategies for nursing mothers (cont.)

Eat your protein to maintain your muscle mass. The *Medifast for Nursing Mothers* meal plans provide at least the full 72 grams of protein recommended daily for nursing mothers.

Incorporate moderate amounts of exercise and physical activity. Exercise can help to keep you healthy, strengthen your body, and nourish your spirit. Whether you choose aerobic exercise, strength training, or just normal everyday activities, start your exercise program slowly, increasing intensity and duration *as your body allows*.

Increase calories as needed to ensure you're not losing more than 1-2 pounds per week. Be sure to drink a glass of water before and immediately after exercising if you were sweating, and more in warmer environments to help ensure adequate hydration.

It may be best to schedule your exercise shortly after nursing when milk volumes are reduced and breasts feel more comfortable; wear a supportive sports bra. Some infants may find a salty perspiration taste unpleasant and cleansing the breast area is recommended after activity.

How to incorporate more activity into your day:

- ◆ Use the bathroom that is farthest away or upstairs to encourage walking.
- ◆ Walk around the block before you sit down for lunch or a TV show. Fresh air can also refresh the spirit.
- ◆ Walk in place while talking on the telephone.
- ◆ Clean your house.
- ◆ Take the stairs instead of the elevator.
- ◆ Walk to the neighbor's house instead of calling.
- ◆ Play with your children outside – play catch or tag instead of playing video games or watching TV.
- ◆ Dance around your room to your favorite songs – dancing with your baby in a secure sling will delight both of you.
- ◆ Walk the dog.
- ◆ Take walks with your baby. If you carry baby in a backpack, you'll burn even more calories.
- ◆ Park your car in the parking lot furthest away from the building.
- ◆ Stand whenever you can; standing burns twice the calories of sitting.
- ◆ Start a buddy system and walk, bike, or exercise with a friend.
- ◆ Ease into your workouts to minimize injury or soreness. Remember to warm up, cool down, and stretch.
- ◆ As you cool down, notice how good and proud you feel now that you are finished. Remember that feeling when you need motivation to start another session. EVERY step counts!

Food Groups	1,500-calorie Meal Plan	1,800-calorie Meal Plan	What counts as a serving?	Helpful Tips
Medifast Meals	3	3	<ul style="list-style-type: none"> • 1 Medifast Meal (Choose from shakes, soups, puddings, oatmeal, fruit drinks, hot drinks, iced teas, scrambled eggs, bars, etc.) 	<ul style="list-style-type: none"> • Limit to 1 Medifast Bar daily • Meals without acesulfame potassium include: Chicken Noodle, Chicken & Wild Rice, Beef Vegetable Stew, Homestyle Chili, Maryland Crab, Cream of Broccoli, Cream of Chicken
Fruits	Unlimited fruits and vegetables.	Unlimited fruits and vegetables.	<ul style="list-style-type: none"> • 1 medium-sized piece of fruit (apple, pear, orange, etc.) • ½ cup cubed fruit or berries (watermelon, cantaloupe, honeydew, etc.) • ½ cup canned fruit 	<p>The following are rich sources of the nutrients needed by breastfeeding women:</p> <ul style="list-style-type: none"> • Cantaloupe, honeydew melon • Mangoes, oranges, apricots, grapefruit, peaches, pineapple, papaya, kiwi, guava • Strawberries, blueberries, blackberries, raspberries • Apples, pears, bananas
Vegetables	At least 5 servings daily.	At least 5 servings daily.	<ul style="list-style-type: none"> • ½ cup cooked or raw vegetables • 1 cup salad greens <p><u>Acceptable substitution:</u> ½ cup (4 oz) 100% fruit or vegetable juice</p>	<p>The following are rich sources of the nutrients needed by breastfeeding women:</p> <ul style="list-style-type: none"> • Spinach and greens (kale, collard, turnip greens, etc.) • Tomatoes, red or yellow bell peppers • Sweet potatoes, winter squash
Dairy	3	3	<ul style="list-style-type: none"> • 1 cup (8 oz) milk, Lactaid®, or soy milk • ½ cup to 1 cup (4-8 oz) low-fat or fat-free yogurt 	<ul style="list-style-type: none"> • Always choose low-fat or fat-free dairy foods (skim or 1% milk and yogurt) • Cheese should not be considered a dairy option – this can be used as a meat/protein substitute.
Whole Grains	2	4	<ul style="list-style-type: none"> • 1 slice whole grain bread OR 2 slices low-calorie whole grain bread (< 40 calories / slice) • 1 cup unsweetened cereal (i.e., bran flakes) • ½ cup cooked cereal, bulgur, whole wheat pasta, rice • 3 cups plain popped popcorn 	<ul style="list-style-type: none"> • Choose whole grains (whole wheat, rye, and oat), and fortified cereals and breads.
Meat/Meatless Protein	2	2	<ul style="list-style-type: none"> • 4 oz lean meat • 1 cup cooked dry beans, lentils, etc. • 1 cup cottage cheese <p><u>Acceptable substitutions:</u> 1 Tbsp or ½ oz nuts; 1 oz low-fat cheese; 1 whole egg for 1 oz lean meat</p>	<ul style="list-style-type: none"> • Choose lean beef, pork, chicken, turkey, fish, or shellfish that is grilled, baked, broiled, or poached – not fried. Remove skin from poultry. • Aim for at least 12 oz of fish rich in heart-healthy fats per week: Salmon, halibut, yellow-fin tuna, cod – Avoid shark, swordfish, king mackerel, or tilefish when breastfeeding because of high levels of mercury. Limit canned albacore tuna to 6 oz or less per week. • Shrimp, clam, oysters, and crab are rich sources of other nutrients important during breastfeeding.
Fats	2	3	<ul style="list-style-type: none"> • 1 tsp oil (any) • 8 black or green olives • ⅛ avocado • 2 Tbsp low-fat salad dressing • 1 Tbsp regular salad dressing • ½ Tbsp mayonnaise • 1 Tbsp light butter or margarine spreads 	<p>Choose healthy monosaturated and polyunsaturated fat and avoid high amounts of saturated and trans fats.</p>
Discretionary Calories	< 100 calories	< 150 calories		

1,800-calorie *Medifast for Nursing Mothers* Sample Meal Plan

Breakfast	<p>Medifast Blueberry Oatmeal 4-8 oz low-fat or fat-free yogurt 1 medium banana</p>
Mid-morning Snack	<p>1 ounce (~23) unsalted almonds 1 cup (8 oz) low-fat or fat-free milk 1/4 cup dried apricots</p>
Lunch	<p>Medifast Cream of Chicken Soup Sandwich – 2 slices of whole wheat bread, 1 Tbsp yellow mustard, and 2 oz sliced turkey with lettuce and tomato 1 cup total – carrot sticks, celery stalks, red and yellow bell pepper strips 2 Tbsp guacamole or hummus</p>
Mid-afternoon Snack	<p>Medifast Strawberry Crème Shake made with 1 cup (8 oz) low-fat or fat-free milk 1/2 cup chopped cantaloupe</p>
Dinner	<p>4 oz grilled yellow-fin tuna 2 cups spinach topped with 1/2 cup tomatoes and 1/2 cup (mixed) cucumbers and onions, drizzled with 2 tsp olive oil and 1 Tbsp lemon juice 1 cup cooked whole wheat pasta</p>
Evening Snack	<p>1/2 cup strawberries dipped in 1 oz dark chocolate</p>

1,500-calorie *Medifast for Nursing Mothers* Sample Meal Plan

Breakfast	Cereal – 1 cup bran flakes 1/2 cup fresh strawberries 1 cup (8 oz) low-fat or fat-free milk
Mid-morning Snack	Medifast Chocolate Bar 1 peach
Lunch	Medifast Chicken Noodle Soup 1 cup salad greens topped with 1/2 cup (mix) sliced tomatoes and cucumbers, topped with 1 Tbsp reduced-fat salad dressing 4-8 oz low-fat or fat-free yogurt
Mid-afternoon Snack	1 cup low-fat or fat-free cottage cheese 1 medium apple 3 cups plain popped popcorn
Dinner	4 oz grilled salmon 1/2 cup steamed broccoli 1/2 medium sweet potato, baked and topped with 1 tsp trans fat-free margarine 1 cup (8 oz) low-fat or fat-free soy milk
Evening Snack	Medifast Vanilla Pudding 1/2 cup blueberries





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or visit us on the web at **TSFL.com**.

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