NUTRIENT	ROLE IN BREASTFEEDING + THE BODY	FOOD SOURCES
Protein	Needed to aid growth, repair, maintenance of muscles and tissues. Protein needs increase during breastfeeding. The protein content of breastmilk is not affected by diet.	Meat, fish, chicken Eggs Cheese, yoghurt and milk Tofu Nuts and seeds Legumes
Iron	Iron is an essential mineral for mum and baby. Critical for growth and development of baby's brain and the transport of oxygen in the bloodstream. During pregnancy iron assisted with increased red blood cell production for mum and baby, development of the placenta and provided baby with adequate stores for the first 6 months of life, as breastmilk is low in iron. A breastfeeding mother needs to replenish the iron used during pregnancy. Iron supplementation is not needed unless a mother is anaemic. If iron deficient, seek medical advice before commencing supplementation.	Red meat, chicken, legumes, lentils, kidney beans, fish, tofu, chickpeas, nuts, wholegrain breads, and cereals and green leafy vegetables.
Iodine	Iodine is essential during pregnancy and breastfeeding; for healthy development of baby's brain and nervous system. During pregnancy, iodine stored in the thyroid is used to produce hormones needed to regulate functions such as temperature and heart rate. There is 20-50 times the amount of iodine present in breastmilk than in a mum's blood and a mums dietary intake of iodine affects breastmilk content. In Australia, the NHMRC recommend that breastfeeding women take a supplement of 150ug of iodine each day.	Iodine fortified bread such as Wonder White, Buttercup and Macro Ancient Grain, seaweed, seafood, iodised salt.

NUTRIENT	ROLE IN BREASTFEEDING + THE BODY	FOOD SOURCES
Folate	Folate is needed for the development of genetic material (DNA and RNA) and the building of protein building blocks, called amino acids. The amount of folate in breastmilk increases as the milk matures. The amount of folate needed when breastfeeding (500ug/day) is less than that needed when pregnant but more than a woman who is neither breastfeeding of pregnant.	Green leafy vegetables, fruits, folate fortified cereals
Vitamin A	The amount of vitamin A increases during breastfeeding to 1,100ug/day and the level of vitamin A in breast milk is dependent on both a mum's diet and stage of breastfeeding. Lack of vitamin A in the breastmilk can lead to deficiency, which can impact the body's ability to fight infections, and lead to blindness if left untreated. Seek advice to determine if a supplement is needed, as too much of this vitamin can be toxic.	Dark green and yellow vegetables such as broccoli, carrots and pumpkin.
Vitamin C	Breastfeeding mums need more vitamin C than non-breastfeeding women (85mg/day). Vitamin C helps the body to absorb iron. It is essential in building the immune system of both mum and baby as it helps to prevent damage to cells in the body and is involved in the building of proteins such as collagen.	Citrus fruits, berries, tropical fruit, tomatoes, capsicum and potatoes.
Calcium	Calcium is very important for both the bone development of the baby and bone health in the mum. The amount of calcium needed during breastfeeding does not increase (1000mg/day). The calcium in breastmilk comes from the mum's bones and is replenished soon after the mum stops breastfeeding. Mum should include three serves of dairy or calcium-fortified alternative per day. A breastfeeding mum is not at greater risk of osteoporosis (weak bones) than a non-breastfeeding mum.	Dairy products: milk, cheese and yoghurt, fish with edible bones; sardines, salmon, tofu, some green leafy vegetables, some nuts and calcium enriched products such as plant-based milks.

NUTRIENT	ROLE IN BREASTFEEDING + THE BODY	FOOD SOURCES
Vitamin B12	Vitamin B12 is needed for the development of baby's nervous system and brain and comes mainly from animal products, so vegetarian or vegan women are at risk of deficiency. Although quite uncommon, a vitamin B12 deficiency can affect baby's fine and gross motor skills, and increase risk of anaemia. A vegan/vegetarian mum should consult a dietician to ensure her diet is well planned, she may also need vitamin supplementation.	Meat, poultry, fish, eggs, dairy products and nutritional yeast.
Vitamin D	Vitamin D is needed to absorb and use calcium for bone growth and development. Breastmilk is low in vitamin D and most breastfed babies require a supplement; seek medical advice to discuss if supplementation is required for mum and/or baby.	Vitamin D comes mainly from the sun, there is a small amount in oily fish, fish liver oils, egg yolk and butter. Be sun smart when out in the sun. For more information read this Vitamin D factsheet on the RCH website (available in resources below).
Omega-3 Fatty Acids	Omega-3 is essential for brain development and fine motor skills in babies and children, and can be supplied in high amounts in breastmilk. Including food sources of omega-3 fatty acids 2-3 times per week will give baby enough omega-3 fatty acids.	Oily fish such as salmon, mackerel, tuna and sardines. Nuts and seeds such as walnuts, chia seeds and plant oils such as canola oil and soybean oil.