

Medifast for Nursing Mothers

Meal Plan



Lose weight while your baby grows.

 **Medifast.**

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From Medifast's Director of Nutrition

Achieving optimal health and weight control is not always a “one-size-fits-all” equation. Lifestyle choices and medical conditions can affect both your food preferences and requirements, which in turn have an impact on how you can best lose weight.

Although the Medifast 5 & 1 Plan for weight loss is our most popular plan, it may not be optimal for all people. The Nutrition Support team at Medifast has created additional programs to meet individual needs and accommodate a range of medical conditions and lifestyles.

Through continual research and careful testing, Medifast is creating new products and weight-management programs in addition to the 5 & 1 Plan so that you can successfully lose weight and stay healthy.

Medifast began with physicians and other health care professionals developing a safe, effective weight-loss method with lasting results. Decades later, the program and products continue to evolve. We thank you for choosing Medifast and encourage you to review the following adapted 5 & 1 Plan with your doctor before you begin.



Welcome

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 two 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 cups of coffee.

Eat every two to three hours throughout the day instead of three 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 ounces (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 calories per day (see sample meal plans on page 9). Medifast recommends that a nursing mother start with the 1,500-calorie meal plan. If weight loss is greater than one to two pounds per week, then increase to the 1,800-calorie meal plan. Some women may need more than 1,800 calories per day.

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 your 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 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 per 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 Essential1®: Heart Health 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.

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.

Healthy eating strategies for nursing mothers

(continued)

A word about artificial sweeteners

Many Medifast Meals use a combination of natural and artificial sweeteners, including acesulfame potassium, sucralose, stevia, and/or sugar alcohol. These natural or artificial sweeteners have been approved by the FDA and are recognized as being safe for consumption by all segments of the population. For more information on these sweeteners, please visit:

Acesulfame potassium

http://www.foodinsight.org/Resources/Detail.aspx?topic=Everything_You_Need_to_Know_About_Acesulfame_Potassium

Sucralose

http://www.foodinsight.org/Resources/Detail.aspx?topic=Everything_You_Need_to_Know_About_Sucralose

Sugar alcohol

http://www.foodinsight.org/Resources/Detail.aspx?topic=Sugar_Alcohols_Fact_Sheet

Stevia

http://www.foodinsight.org/Newsletter/Detail.aspx?topic=Stevia_Sweeteners_Another_Low_Calorie_Option

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 one to two 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, so 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 the 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 your 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 guide

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, eggs, bars, pancakes, soft serve, etc.)	Limit to 1 Maintenance Bar daily.
Fruits	Unlimited fruits and vegetables. At least 5 servings daily.	Unlimited fruits and vegetables. At least 5 servings daily.	<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 	The following are rich sources of the nutrients needed by breastfeeding women: Cantaloupe, honeydew melon, mangoes, oranges, apricots, grapefruit, peaches, pineapple, papaya, kiwi, guava, strawberries, blueberries, blackberries, raspberries, apples, pears, bananas
Vegetables			<ul style="list-style-type: none"> • ½ cup cooked or raw vegetables • 1 cup salad greens Acceptable substitution: ½ cup (4 oz) 100% fruit or vegetable juice	The following are rich sources of the nutrients needed by breastfeeding women: Spinach and greens (kale, collard, turnip greens, etc.) tomatoes, red or yellow bell peppers, sweet potatoes, winter squash

Food groups	1,500-calorie meal plan	1,800-calorie meal plan	What counts as a serving?	Helpful tips
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 	<p>Always choose low-fat or fat-free dairy foods (skim or 1% milk and yogurt)</p> <p>Cheese should not be considered a dairy option—this can be used as a meat/protein substitute.</p>
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 (e.g., bran flakes) • ½ cup cooked cereal, bulgur, whole-wheat pasta, rice • 3 cups plain popped popcorn 	<p>Choose whole grains (whole wheat, rye, and oat), and fortified cereals and breads.</p>
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>Choose lean beef, pork, chicken, turkey, fish, or shellfish that is grilled, baked, broiled, or poached—not fried. Remove skin from poultry.</p> <p>Aim for at least 12 oz of fish rich in heart-healthy fats per week: Salmon, halibut, yellow-fin tuna, cod</p> <p>–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.</p>

Food guide *(continued)*

Food groups	1,500-calorie meal plan	1,800-calorie meal plan	What counts as a serving?	Helpful tips
Meat/ meatless protein <i>(continued)</i>	2	2	Acceptable substitutions: 1 Tbsp or ½ oz nuts; 1 oz low-fat cheese; 1 whole egg for 1 oz lean meat	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 • ⅛ Tbsp mayonnaise • 1 Tbsp light butter or margarine spreads 	Choose healthy monounsaturated and polyunsaturated fat and avoid high amounts of saturated and trans fats.
Discretionary calories	<100 calories	<150 calories		

Sample meal plans

Breakfast	Cereal – 1 cup bran flakes ½ cup fresh strawberries 1 cup (8 oz) low-fat or fat-free milk
Mid-Morning Snack	Medifast Chocolate Crunch Bar 1 peach
Lunch	Medifast Chicken Noodle Soup 1 cup salad greens topped with ½ cup (mixed) sliced tomatoes and cucumbers, 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 ½ cup steamed broccoli ½ cup medium sweet potato, baked and topped with 1 tsp trans fat-free margarine 1 cup (8 oz) low-fat or fat-free milk
Evening Snack	Medifast Vanilla Pudding ½ cup blueberries

1,500-calorie meal plan

Breakfast	Medifast Blueberry Oatmeal 4 - 8 oz low-fat or fat-free yogurt 1 medium banana
Mid-Morning Snack	1 oz (~23) unsalted almonds 1 cup (8 oz) low-fat or fat-free milk ¼ cup dried apricots
Lunch	Medifast Cream of Chicken Soup Sandwich: 2 slices of whole-wheat bread, 1 Tbsp yellow mustard, 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
Mid-Afternoon Snack	Medifast Strawberry Crème Shake made with 1 cup (8 oz) low-fat or fat-free milk ½ cup chopped cantaloupe
Dinner	4 oz grilled yellow-fin tuna 2 cups spinach topped with ½ cup tomatoes and ½ cup (mixed) cucumbers and onions, drizzled with 2 tsp olive oil and 1 Tbsp lemon juice 1 cup cooked whole-wheat pasta
Evening Snack	½ cup strawberries dipped in 1 oz dark chocolate

1,800-calorie meal plan



For more information about this specialized program, call (800) 509-1281.

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