



**Bayside Medical Group, Inc.**

www.baysidemed.com

**BREASTFEEDING SNACKS**

## **Nutritious Snacks for Breastfeeding Mothers**

**B**ran muffin

**R**ice cakes

**E**asy, molasses on toast

**A**ny raw vegetable with yogurt dip

**S**eed (sunflower, sesame, pumpkin, raisins)

**T**omatoes

**F**ruit in cottage cheese

**E**gg, hard-boiled

**E**ndive (or other salad greens)

**D**ried cereal (i.e. Cheerios, Chex)

**I**ce cream

**N**uts (only if no family member has a peanut or nut allergy)

**G**ranola

**M**uenster (or other cheese)

**O**ranges

**T**rail mix, tangerines

**H**oneydew melon (or cantaloupe, watermelon)

**E**nergizing drinks

**R**ye crackers with hummus (or other whole-grain crackers)