



**Breastfeeding Female
Nutrition Plan**

BREAKFAST Protein Grain/Cereal Fat or Dairy Fruit	Quantity 1 Portion 3 Portions 1 Portion 1 Portion
AM SNACK Fat or Dairy Vegetable	Quantity 0.5 Portions 1.5 Portions
LUNCH Protein Grain/Cereal Fat or Dairy Vegetable	Quantity 1 Portion 3 Portions 0.5 Portions 2 Portions
PM SNACK Vegetable Fruit	Quantity 1.5 Portion 1 Portion
DINNER Protein Grain/Cereal Fat or Dairy Vegetable	Quantity 1 Portion 3 Portions 0.5 Portions 2.5 Portions

This nutrition plan is in line with dietary guidelines for a general population person and is not for the purpose of treating any specific medical condition.

