



**California Division North
Nutritional Services
Diet - Menu**

Subject/Title: LACTATION OB/GYN DIET
Order As: MOM

GOALS OF DIETARY MANAGEMENT:

To maintain a nutritious diet adequate in calories, protein, vitamins, minerals, and fluid.

DIET PRINCIPLES:

Provide well balanced diet rich in calcium for bone mineralization. Discourage excessive use of stimulus inclusive of caffeine, alcohol. Additional 500 calories a day for lactation above normal intake for age height and weight.

RECOMMENDED DAILY SERVINGS:

FOOD GROUP

| | |
|-------------------|-----|
| Milk | 3-4 |
| Meat/Alternatives | 2-3 |
| Fruits/Vegetables | 4 |
| Grains | 4-6 |

Encourage fluid intake to above 8 servings of 8 fluid oz. per day.

Special OB/GYN menus available with analysis, encourage proteins of biological value.

SAMPLE MENU

Breakfast

| | |
|-----------|----------|
| Juice | 1/2 cup |
| Cereal | 3/4 cup |
| Fruit | 1/2 cup |
| Toast | 2 slices |
| Margarine | 2 tsp |
| Jelly | 1 tbsp |
| 2% Milk | 1 cup |
| Decaf tea | 1 cup |

Lunch and Dinner

| | |
|----------------------|---------|
| Soup or salad | 1 cup |
| Meat or substitute | 3 oz |
| Potato or substitute | 1/2 cup |
| Vegetable | 1/2 cup |
| Bread or roll | 1 slice |
| Margarine | 2 tsp |
| Fruit | 1/2 cup |
| Yogurt | 1/2 cup |
| 2% milk | 1 cup |
| Decaf tea | 1 cup |

Snacks

| | |
|----------------|---------------------|
| Fruit | 1/2 cup |
| Bagel or bread | 1 slice (lactation) |
| Peanut Butter | 1 tbsp (lactation) |
| 2% milk | 1 cup |
| Juice | 1/2 cup |
| Crackers | 4 |