



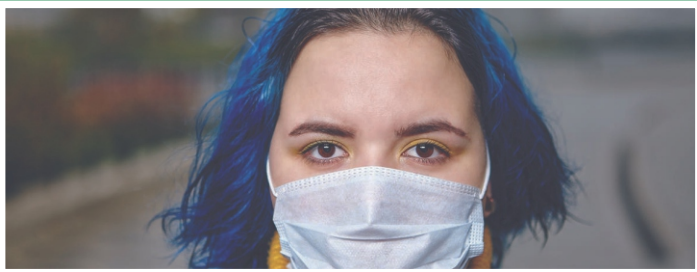
## BREASTFEEDING SAFE DURING COVID-19

- Corona virus has not been found in breast milk. But if you have Covid-19 ,or suspected of it then you could spread the virus to your infant through tiny droplets that spread when you talk, cough, or sneeze.
- Exclusive breastfeeding for first six months protects newborns from infections and also helps protect them throughout their infancy and childhood.
- Breastfeeding increases immunity and provide antibodies to the child from the mother.



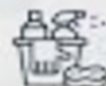
## GUIDELINES FOR BREASTFEEDING

- Wash your hand for 40 seconds with soap and water before and after touching your baby.
- Wear a face mask.
- Wash your hands before touching your breast pump or bottle parts.
- It's also very important to clean your breast pump after each use.
- Clean properly baby after feeding



## GUIDELINES FOR MOTHER WHO IS UNABLE TO BREASTFEED DUE TO COVID-19

- If mother is Covid-19 positive or too ill and unable to breastfeed her child then she can express her milk in a clean cup and feed it to her child with properly clean spoon.
- Before expressing the milk she must properly clean her hand with soap and water for 40 seconds.
- Wear the face mask.
- She can look for someone who is healthy and can feed the child like any care taker or wet nursing .



## DIETARY GUIDELINES FOR LACTATING MOTHER

- It is very important to take proper and healthy diet for lactating mother in covid-19, to improve the immunity. Additionally lots of fluids, meditation or pranayam for getting good quality sleep will help reduce the stress levels in the body. A balanced diet with the addition of the following foods in your diet will increase the quality and quantity of the breast milk and also boost immunity.

Food group	Food stuff	Vegetarian	Calories (energy)	Protein mg/dl	Non-Vegetarian	Calories energy	Protein mg/dl
I	Rice ,wheat and millets	330 grams	1138	32.34	330 grams	1138	32.34
	Oil ghee, butter	30 grams	270	nil	30 grams	270	nil
	Sugar and jaggery	20 grams	78	nil	20 grams	78	nil
II	Milk and curd	500 grams	335	16	500 grams	335	16
	Pulses , dried beans	90 grams	357.75	20.14	60 grams	224	14.0
	Meat , fish, egg	---	nil	nil	30 grams or 1 egg	29.1	5.0
III	Fruits	200 grams	232	1.44	200 grams	232	1.44
	Greens leafy vegetables	350 grams	175	9.8	350 grams	175	9.8
	Other vegetables	130 grams	52	2.34	130 grams	52	2.34
	Roots and tubers	120 grams	116	1.8	120 grams	116	1.8
Total calories = 2754				83.86	Total calories = 2649.1		82.38

## IMPORTANT FOOD SOURCES TO IMPROVE BREAST MILK SUPPLY & IMMUNITY

- A combination of foods
- Rich in calories and protein are beneficial to increase breast milk supply as well as provide immunity to mother, example of some foods are fenugreek seeds, fennel seeds, garlic, green leafy vegetables, cumin seeds, sesame seeds, oatmeal, carrots, apricots, sweet potato, almonds, milk, beets, lentils etc.

### Foods That Boost Milk Supply

