

HEALTHY EATING DR

fact not fiction

I'm delighted you downloaded my fridge planner and nutrient checklist to use while you are breastfeeding.

I created this planner and check list to help give you a general frame work for nutritional needs. I know how difficult it can be adjusting to motherhood, and wanted to lighten the burden of yet another thing to remember for new mums. Many women find this a challenging time, and eating healthily might not be top of your list of priorities. So the checklist was designed to help remind and guide you.

The Planner

How you use the planner is entirely up to you, but I suggest writing out the name of your meals for the week, adding items you need to the shopping list, enabling you to be more organised. I recommend that you consider batch cooking, which can help reduce the pressure of daily cooking and food preparation.

The Checklist

On page 3 is the meal planner and checklist combined. I'd suggest ticking off the checklist through the day to ensure that you are supporting your nutrient needs. If you would rather a simpler version without the planner, use page 4 as a weekly check instead. Page 4 has foods rich in micronutrients needed in greater quantities while breastfeeding, such as calcium, selenium, iodine and vitamin D. While you are breast feeding women and your periods have not restarted, you need less iron than usual, so this is not included on the checklist. To make it as easy as possible, I've used average portion sizes so there shouldn't be any need to weigh your food.

Dr Harriet Holme MA Hons Cantab MBBS PhD RNutr

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How to Use

I recommend that you print this document A4 size, and then stick it to your fridge or noticeboard. For greater sustainability you could laminate or pop it in a poly pocket and wipe clean after use.

I created this planner and check list to help give you a general frame work for nutritional needs. However, this can't take the place of personalised nutrition advice, tailored to your individual health needs. If you have any specific health concerns or food allergies, you could take this along to discuss with your health care provider.

About Me

Hi I'm Dr Harriet Holme, a Registered Nutritionist, specialising in nutrition science and evidence based nutrition. I studied medicine at the University of Cambridge and worked for over a decade as a paediatric doctor in the NHS. I completed a PhD in genetics from University College London before becoming a Registered Nutritionist with the Association of Nutrition. I now use these uniquely developed skills for the benefit of my clients and students, consulting as a Registered Nutritionist and lecturing in culinary science and nutrition.

What's Next

I'm busy creating an playbook, (an electronic book), all about nutrition while breastfeeding. There will be the latest science backed information about nutrition while breastfeeding, along with some practical tips. As you are already signed up to my newsletter, you will be the first to know when it's launched!

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Shopping List
Breakfast								
Lunch								
Dinner								
5 fruit/veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2-3 portions/ wk oily fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1250mg calcium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10mcg vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
70mcg selenium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
200mcg iodine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

□ Calcium

To ensure you are eating 1250mg of calcium a day include these calcium rich foods:

- 100ml cow's milk (1/2 cup) - 125mg
- 100ml fortified oat milk -120mg
- 100ml fortified nut milks -120mg
- 100ml The Mighty pea mylk -186mg
- 100ml fortified coconut milk -120mg
- matchbox size piece of cheese -220mg
- 120mg yoghurt -200mg
- 100mls (1/2 cup) fortified orange juice -120mg
- 1 slice calcium fortified bread -190mg
- 1/2 tin sardines (with bones) -260mg
- 50g (small portion) whitebait -430mg
- 6 pieces of scampi (90g) -190mg
- 2 slices wholemeal bread -54mg
- 2 slices white bread -100mg
- 1 pitta bread -60mg
- 1 medium orange -75mg
- 85mg boiled broccoli (2 spears) -34mg
- 75mg spring greens -55mg

□ Vitamin D

To ensure you are eating 10mcg vitamin D a day include these foods or consider taking a supplement:

- 100g salmon -10-18mcg
- 100g canned tuna -5-6mcg
- 250mls (1 cup) whole cow's milk -3mcg
- 1 egg -1mcg

□ Selenium

To ensure you are eating 70mcg selenium a day include these selenium rich foods:

- 1 brazil nut -50-80mcg
- 100g crab -130mcg
- 100mg mussels -65mcg
- 100g mackerel -35mcg
- 100g cod - 26mcg
- 30g cashew nuts -8mcg

□ Fibre

To ensure you are eating 30g fibre a day include these fibre rich foods:

- 2 slices wholemeal bread -5g
- 150g wholemeal spaghetti -5g
- 50g porridge -5g
- medium baked potato -5g
- 80g raspberries -2.5g
- apple -2g
- banana 2g
- 100g (3 spears) broccoli boiled-2.3g
- 100g boiled carrots -2.5g
- 30g almonds -2g
- 100g chickpeas -4-5g
- 100g boiled peas -4.5g
- 80g baked beans (in tomato sauce) -3g

□ Iodine

To ensure you are eating 200mcg iodine a day include these iodine rich foods:

- 200ml cow's milk -50-100mcg
- 200ml organic cow's milk -30-60mcg
- 150mg Yoghurt -50-100mcg
- 40g cheese -15mcg
- 120mg haddock -390mcg
- 120mg cod -230mcg
- 120mg plaice -27mcg
- 120g salmon fillet -17mcg
- 100g canned tuna -12mcg
- 120g prawns -12mcg
- 170g scampi -160mcg
- 1 egg -25mcg
- 100g meat / poultry -10mcg
- 30g nuts -6mcg
- 1 slice of bread - 5mcg
- 1 portion fruit or vegetables -3mcg

References

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