

Easy, Tasty, Nutritious Foods to Eat While Nursing or Pumping!

Choose one food from each group to create balanced, energy-boosting snacks.

Group
1

“ANCHOR”
Protein and Healthy Fats



- ◆ Plain Greek yogurt
- ◆ Cottage cheese
- ◆ Cheese
- ◆ Tuna
- ◆ Edamame
- ◆ Avocado or guacamole
- ◆ Hummus
- ◆ Olives
- ◆ Natural deli meat
- ◆ Hard-boiled egg
- ◆ Unsweetened protein powder
- ◆ Unsweetened, clean jerky
- ◆ Natural nut or seed butter without added sugar (peanut, almond, cashew, sunflower, etc.)
- ◆ Nuts or seeds (almonds, cashews, walnuts, pumpkin seeds, etc.)

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Group
2

“FUEL”
Nutrient Dense Carbohydrates

- ◆ Prepared fresh fruit (apples, berries, grapes, banana, cantaloupe, peaches, cherries, plums, etc.)
- ◆ Dried fruit without added sugar (raisins, apricots, pears, apples, blueberries, etc.)
- ◆ Prepared vegetables (celery sticks, baby carrots, pepper or cucumber slices, cherry tomatoes, etc.)
- ◆ Beans
- ◆ Air-popped popcorn
- ◆ Good quality whole grain cracker, bread or tortilla
- ◆ Pre-cooked sweet potato
- ◆ Oatmeal (steel cut or rolled, not instant)



Putting it Together Have a big cup of water each time you nurse or pump plus a snack when hungry.

- ◆ Guacamole with cherry tomatoes and baby carrots
- ◆ Hummus with celery and pepper sticks
- ◆ Plain Greek yogurt with blueberries
- ◆ Hard-boiled egg with whole grain crackers
- ◆ Nuts with a peach or other fresh fruit
- ◆ Cheese stick with air-popped popcorn
- ◆ Almond butter with a banana
- ◆ Tuna with a small sweet potato



Simple Recipes Make a big batch and keep on hand for a quick, ready-to-go balanced snack option.

No-Bake Energy Bites (enjoy 1-2 at a time)

- ◆ 1 cup cashews (or nut of choice)
- ◆ 6 Medjool dates, pitted
- ◆ Pinch of sea salt
- ◆ 1 teaspoon vanilla extract



Pulse cashews in food processor until crumbly. Add dates, salt and vanilla and process until batter forms. Roll into bite-sized balls. Store in fridge for 1 week or in the freezer for a longer shelf-life.

No-Bake Protein Bars (makes 8 snack-sized bars)

- ◆ 2 cups rolled oats, dry
- ◆ ½ cup natural nut butter (almond, peanut, etc.)
- ◆ 4 scoops unsweetened clean protein powder (such as Tera’s Whey or Garden of Life)
- ◆ ½ cup milk or water

Mix all ingredients until well combined. If desired, stir in dried fruit, honey and/or dark chocolate chips. Place in a parchment paper lined 8x8 dish and freeze for about 30 minutes or until set. Cut into bars and store in fridge.