



# Breast Feeding Checklist

- Every feed of breast milk provides a benefit, so breast feed as much and as long as you're able to.
- Eat well and widely while breast feeding. (A mother's diet while breast feeding can help shape her child's food preferences in later life.)
- Ensure you keep up with your extra energy requirements while exclusively breast feeding (around one extra sandwich per day).
- Remember, breast feeding is supported by law in Australia and New Zealand. Know your rights and talk to your employer about your breast feeding options.

For additional help on navigating nutrition through life's first 1,000 days listen to our Best Food Forward podcast series at [danonenutricia.com.au/bestfoodforward](https://danonenutricia.com.au/bestfoodforward)