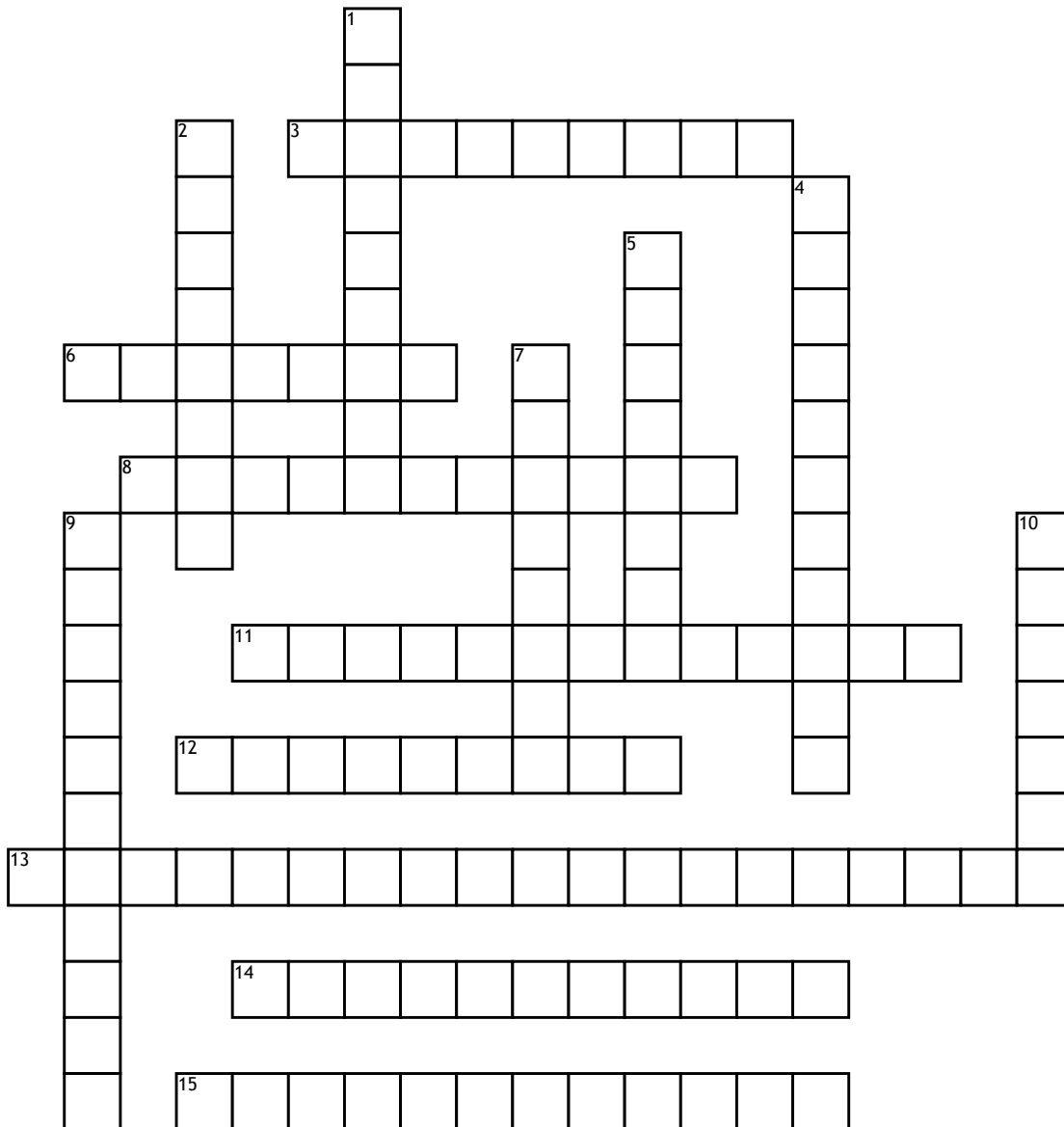


Name: _____

Nutrition While Breastfeeding



Across

3. Baby's first immunization
6. Lean meats, eggs, and blueberries are rich in _____
8. Amount of additional calories needed by the mother while breastfeeding
11. Another term used for nursing
12. herbs such as fennel seed and _____ can promote lactation

13. Who should a mother consult with when she has any questions about her nutrition while breastfeeding
14. Can be taken to fill in additional vitamin needs that are not met by diet alone
15. Mothers who breastfeed have a decreased risk for _____ later in life

Down

1. Type of fish that should NOT be eaten by a breastfeeding mother
2. "Happy hormone" released before and during breastfeeding

4. Fruit that contains large amounts of Vitamin A
5. _____ can agitate a breastfed baby and disrupt their sleep patterns
7. A mother needs lost of water while nursing to stay _____
9. _____ vegetables can cause gastrointestinal discomfort in breastfeeding babies
10. _____ should NOT be consumed while breastfeeding