



**Government of South Australia**

Children, Youth and Women's  
Health Service

## **MEDIA RELEASE**

17 October 2005

### **Fruit and veg important for our breastfeeding mums!**

We all know that fruit and vegetables are good for us and most of us have heard of *Go for 2&5<sup>TM</sup>* - the recommended daily intake of two serves of fruit and five serves of vegetables each day for good health. But did you know that eating a balanced diet rich in fruit and vegetables is even more crucial when breastfeeding?

Breastfeeding women have increased energy and nutrient requirements. To meet these extra needs it is important that breastfeeding mums increase their fruit and vegetable intake as part of a healthy, balanced diet.

Breastfeeding Project Officer, Carol Fudali says "it is important for breastfeeding mums to eat a wide range of foods every day including breads and cereals, plenty of fruit, vegetables and legumes, reduced fat dairy foods and lean meats, fish, and chicken."

"Eating a variety of fruit, vegetables and legumes every day will provide you with a range of vitamins, minerals and fibre – important for a healthy mum and a healthy baby," she said.

The Centre for Health Promotion, Children, Youth and Women's Health Service has a number of resources available for women considering breastfeeding. For more information call the Health Information Centre on 8161 6875.

**For more information, contact Kirsty Mudge, Media Liaison Officer on 8161 7164**

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