

Dietary Instructions for Breastfeeding Mothers with Diabetes



Dietetics and Nutrition Department

- @ hdietetics.hamad.qa
- 40253295

Patient and Family Education



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Dietary Instructions for Breastfeeding Mothers with Diabetes

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Breastfeeding (BF):

The best feeding option for a newborn baby is breastfeeding.

Breast milk is advised as the baby's main source of food for the first six months of life, according to the World Health Organization, the American Academy of Pediatrics & Qatar Dietary Guidelines. Moreover, WHO advises BF till the age of 2 & older.

It's important to know that:

- BF provides better health for mothers and babies.
- Diabetic mothers should plan BF for at least 6 months.
- Diabetic mothers can experience high/ low blood sugar while BF.

Advantages of BF for mother and newborn baby:

BF Advantages for newborn babies:

- Lower the chance of allergies, eczema, and asthma.
- Lower the risk of cancer.
- Lower risk of respiratory and gastrointestinal diseases.
- Lower risk of having diabetes and childhood obesity.
- Improves brain growth.
- Boost immunity against infection.

BF Advantages for mothers:

- Lower the risk of breast and ovarian cancer.
- After delivery, the uterus returns to its normal size.
- Help in losing weight after delivery.
- Builds a greater relationship with babies.
- Lower insulin doses needed.
- Lower cost.

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Dietary advice for successful BF and diabetic control:

- The energy and nutritional needs of lactating women increase during breastfeeding. However, be sure to eat a variety of healthy foods which include whole grains, fresh fruits & vegetables, dairy products, beans, nuts and lean protein.
- The contents of breast milk are affected by the mother's intake of many nutrients such as vitamin B12 and long-chain fatty acids.
- A balanced diet provides the best possible health for mother and baby.

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BF mother should be aware of the following:

Meals and Snacks

- Include enough carbohydrate (CHO) in the diet to have good milk production & to control blood sugar levels during BF. Such as; whole grains, beans, starchy vegetables, legumes, fruits and dairy products.
- To prevent low blood sugar, take a snack that contains CHO before or during BF.
- BF women with type 1 diabetes should eat a snack before bedtime and keep a snack nearby to quickly raise blood sugar level as needed.
- Always have a snack with you when going out with the baby.
- CHO should be taken throughout the day on every meal, and more be sure to take CHO food source at bedtime snack to cover nighttime breastfeeding.
- Avoid taking insulin dose while breastfeeding (especially at night) to avoid low blood sugar.
- Eat less food high in fat, sodium, & added simple sugar.
- Take shellfish & fish 2-3 times/week with lower amounts of mercury. Such as canned light tuna, shrimp, pollock, catfish, grouper (Hamour) and salmon. And eat less from albacore tuna, shark, swordfish, king fish and mackerel.
- Mothers who follow a vegan / vegetarian diet should speak with a doctor to know about the risks for mineral, protein, and vitamin deficiencies. Calcium, vitamin D, and vitamin B12 supplements may be needed to meet recommended intake in some cases.
- Women who have had bariatric surgery are also encouraged to breastfeed. Milk composition of women who have undergone bariatric surgery is adequate in energy, macronutrients, and vitamin A. Women who breastfeed should continue their vitamin and mineral supplements and should be monitored for nutrient deficiencies, such as vitamin B12 deficiency.
- Breastfeeding women can drink 2 – 3 cups of a caffeinated drinks, with no negative effect on their newborn babies. However, some babies are sensitive to caffeine and become fussy or have difficulty sleeping, even with small amount of caffeine.
- Drink good amounts of water and other sugar-free, noncaffeinated drinks.

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Physical Activity:

- Exercise during breastfeeding increases heart fitness, improves mood, and lowers the symptoms of postpartum depression.
- Take your doctor's advice before starting exercise.
- Exercise helps maintain a healthy weight.
- Try to start slowly and increase your activity level gradually.
- Slowly increase to 30 min of moderate exercise at least five days a week.

General Tips:

- Most diabetes medications, such insulin and metformin, are safe to use while BF. But the amount of insulin you need may vary, so consult your doctor.
- Always check your blood sugar before and after BF.
- Avoid dieting while breastfeeding as your body needs calories for energy. After a few weeks or months, most women will notice a natural weight loss during breastfeeding.

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Breastfeeding Diabetic (1800 Calories)	
Breakfast	
<ul style="list-style-type: none">• 2 slices brown bread or 1 small brown Arabic khubus or 1 cup bran flakes• 1 boiled egg or 2 table spoon low fat cheese or labneh• Slices (tomato and cucumber)• 1 cup low fat milk• 1 teaspoon olive oil or 8 olives	
Snack	
<ul style="list-style-type: none">• 1 slice brown bread or $\frac{1}{2}$ small brown Arabic khubus + 2 Table spoons low fat cheese or Labneh	
OR	
<ul style="list-style-type: none">• 1 Piece fruit or $\frac{1}{2}$ cup low fat milk	
Lunch	
<ul style="list-style-type: none">• 1 cup salad• 1 cup cooked rice or $1\frac{1}{2}$ small brown Arabic khubus or 1 cup cooked Macaroni• 90 gm fish or skinless chicken or meat (grilled, baked or cooked)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup low fat Laban or milk• 1 teaspoon oil (for salad or cooking)	
Snack:	
<ul style="list-style-type: none">• 1-piece fruit or $1\frac{1}{2}$ pieces unsweetened shabooraa• 1 cup of tea or coffee without sugar	
Dinner:	
<ul style="list-style-type: none">• 2 Slices brown bread, or 1 small brown Arabic Khubus, or $\frac{3}{4}$ cup cooked rice or $\frac{3}{4}$ cup cooked macaroni or 2 small pieces potato• 60 gm fish or skinless chicken or meat (grilled, baked or cooked) or (1 boiled eggs + 2 table spoons low fat cheese or Labneh)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup salad• 2 teaspoons oil (for Salad and Cooking)	
Snack (bedtime):	
<ul style="list-style-type: none">• 1 cup low fat milk• $1\frac{1}{2}$ pieces unsweetened shabooraa	

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Breastfeeding Diabetic (2000 Calories)	
Breakfast	
<ul style="list-style-type: none">• 2 slice brown bread or $1\frac{1}{2}$ brown Arabic khubus or 1 cup bran flakes• 1 boiled egg or 2 table spoon low fat cheese or labneh• Slices (tomato and cucumber)• 1 cup low fat milk• 1 teaspoon olive oil or 8 olives	
Snack	
<ul style="list-style-type: none">• 1 slice brown bread or $\frac{1}{4}$ brown Arabic khubus + 2 Table spoons low fat cheese or Labneh	
OR	
<ul style="list-style-type: none">• 1 Piece fruit + $\frac{1}{2}$ cup low fat milk	
Lunch	
<ul style="list-style-type: none">• 1 cup salad• $1\frac{1}{3}$ cup cooked rice or $1\frac{1}{2}$ brown Arabic khubus or $1\frac{1}{3}$ cup cooked macaroni• 90 g fish or skinless chicken or meat (grilled, baked or cooked)• 1 cup cooked vegetables 1 cup vegetable soup• 1 cup low fat Laban or yoghurt• 2 teaspoon oil (for salad or cooking)	
Snack:	
<ul style="list-style-type: none">• 1-piece fruit or $1\frac{1}{2}$ pieces unsweetened shabooraa• 1 cup tea or coffee without sugar	
Dinner:	
<ul style="list-style-type: none">• 3 Slice brown bread, or $1\frac{1}{2}$ brown Arabic Khubus, or 1 cup cooked rice or 1 cup cooked macaroni• 90 gm fish or skinless chicken or meat (grilled, baked or cooked) or (2 boiled eggs +2 table spoons low fat cheese or Labnah)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup salad• 1 teaspoons oil (for salad and cooking)	
Snack (bedtime):	
<ul style="list-style-type: none">• 1 cup low fat milk• $1\frac{1}{2}$ pieces unsweetened shabooraa	

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Breastfeeding Diabetic (2200 Calories)	
Breakfast	
<ul style="list-style-type: none">• 2 slice brown bread or 1 small brown Arabic khubus or 1 cup bran flakes• 1 boiled egg or 2 table spoon low fat cheese or labneh• Slices (tomato and cucumber)• 1 cup low fat milk• 1 teaspoon olive oil or 8 olives	
Snack	
<ul style="list-style-type: none">• 1 slice brown bread or $\frac{1}{2}$ small brown Arabic khubus + 2 Table spoons low fat cheese or Labneh	
OR	
<ul style="list-style-type: none">• 1 piece fruit + $\frac{1}{2}$ cup low fat milk	
Lunch	
<ul style="list-style-type: none">• 1 cup salad• 1 $\frac{1}{2}$ cup cooked rice or 2 small brown Arabic khubus or 1 $\frac{1}{2}$ cup cooked macaroni• 120 gm fish or skinless chicken or meat (grilled, baked or cooked)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup low fat Laban or milk• 3 teaspoon oil (for salad or cooking)	
Snack:	
<ul style="list-style-type: none">• 1-piece fruit or 1 $\frac{1}{2}$ pieces unsweetened shabooraa• 1 cup of tea or coffee without sugar	
Dinner:	
<ul style="list-style-type: none">• 3 slices brown bread, or 1 $\frac{1}{2}$ brown Arabic Khubus, or 1 cup cooked rice or 1 cup cooked Macaroni• 120 gm fish or skinless chicken or meat (grilled, baked or cooked) or (2 boiled eggs + 4 table spoons low fat cheese or Labneh)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup salad• 2 teaspoons oil (for salad and cooking)	
Snack (bedtime):	
<ul style="list-style-type: none">• 1 cup low fat milk• 1 $\frac{1}{2}$ pieces unsweetened shabooraa	

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Breastfeeding diabetic 2400 kcal	
Breakfast	
<ul style="list-style-type: none">• 2 slices brown bread or 1 small brown Arabic khubus or 1 cup bran flakes• 1 boiled egg or 2 table spoons low fat cheese or labneh• Slices (tomato and cucumber)• 1 cup low fat milk• 1 teaspoon olive oil or 8 olives	
Snack	
<ul style="list-style-type: none">• 2 slices brown bread or 1 small Arabic khubus + 2 Table spoons low fat cheese/ Labneh or• $\frac{1}{2}$ cup low fat milk + 1 piece fruit	
Lunch	
<ul style="list-style-type: none">• 1 cup salad• 1 $\frac{3}{4}$ cups cooked rice or 2 $\frac{1}{2}$ small Arabic khubus or 1 $\frac{3}{4}$ cups cooked macaroni• 120 gm fish or skinless chicken or meat (grilled, baked or cooked)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup low fat Laban or yoghurt• 2 teaspoons oil (for salad and cooking)	
Snack:	
<ul style="list-style-type: none">• 1-piece fruit or 1 $\frac{1}{2}$ unsweetened shabooraa• 1 cup tea or coffee without sugar	
Dinner:	
<ul style="list-style-type: none">• 3 Slices brown bread, or 1 $\frac{1}{2}$ small brown Arabic bread or 1 cup cooked rice or 1 cup cooked Macaroni or 3 small pieces potato• 90 g fish or skinless chicken or meat (grilled, baked or cooked) or (2 eggs with 2 table spoons low fat cheese or Labneh)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup salad• 1 cup low fat yoghurt• 3 teaspoons oil (for salad and cooking)	
Snack (bedtime):	
<ul style="list-style-type: none">• 1 cup low fat milk or Laban drink• 6 pieces almond or cachou• 1-piece fruit	

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Breastfeeding diabetic 2600 kcal	
Breakfast	
<ul style="list-style-type: none">• 3 slice brown bread or 1 ½ small brown Arabic khubus or 1 ½ cup bran flakes• 2 boiled egg + 2 table spoons low fat cheese or labneh• Slices (tomato and cucumber)• 1 cup low fat milk• 2 teaspoon olive oil or 8 olives	
Snack	
<ul style="list-style-type: none">• 2 slices brown bread or 1 small Arabic khubus + 2 Table spoons low fat cheese/ Labneh or• ½ cup low fat milk + 1 piece fruit	
Lunch	
<ul style="list-style-type: none">• 1 cup salad• 1 ½ cup cooked rice or 2 ½ small brown Arabic khubus or 1 ½ cup cooked macaroni• 120 g fish or skinless chicken or meat (grilled, baked or cooked)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup low fat Laban or yoghurt• 3 teaspoons oil (for salad and cooking)	
Snack:	
<ul style="list-style-type: none">• 1-piece fruit or 1 ½ pieces unsweetened shabooraa• 1 cup tea or coffee without sugar	
Dinner:	
<ul style="list-style-type: none">• 3 slices brown bread, or 1 ½ small brown Arabic bread or 1 cup cooked rice or 1 cup cooked macaroni or 3 small potatoes• 120 g fish or skinless chicken or meat (grilled, baked or cooked) or (2 egg with 4 table spoons low fat cheese or Labneh)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup salad• 1 cup low fat yoghurt• 2 teaspoons oil (for salad and cooking)	
Snack (bedtime):	
<ul style="list-style-type: none">• 1 cup low fat milk or Laban drink• 6 pieces almond or cachou• 1-piece fruit	

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Breastfeeding diabetic 2800 kcal	
Breakfast	
<ul style="list-style-type: none">• 3 slice brown bread or 1 ½ small brown Arabic khubus or 1 ½ cup bran flakes• 2 boiled egg + 2 table spoons low fat cheese or labneh• Slices (tomato and cucumber)• 1 cup low fat milk• 2 teaspoon olive oil or 8 olives	
Snack	
<ul style="list-style-type: none">• 2 slices brown bread or 1 small Arabic khubus +2 Table spoons low fat cheese/ Labneh• OR• ½ cup low fat milk + 1 piece fruit	
Lunch	
<ul style="list-style-type: none">• 1 cup salad• 2 cup cooked rice or 3 small brown Arabic khubus or 2 cup cooked macaroni• 120 gm fish or skinless chicken or meat (grilled, baked or cooked)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup low fat Laban or yoghurt• 3 teaspoons oil (for salad and cooking)	
Snack:	
<ul style="list-style-type: none">• 1-piece fruit + 1 ½ pieces unsweetened shabooraa• 1 cup tea or coffee without sugar	
Dinner:	
<ul style="list-style-type: none">• 3 slices brown bread, or 1 ½ small brown Arabic bread or 1 cup cooked rice or 1 cup cooked macaroni or 3 small potatoes• 120 g fish or skinless chicken or meat (grilled, baked or cooked) or (2 egg with 4 table spoons low fat cheese or Labneh)• 1 cup cooked vegetables or 1 cup vegetable soup• 1 cup salad• 1 cup low fat yoghurt• 2 teaspoons oil (for Salad and Cooking).	
Snack (bedtime):	
<ul style="list-style-type: none">• 1 cup low fat milk or Laban drink• 6 pieces almond or cachou• 1-piece fruit	

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