

Intake Recommendations for Selected Nutrients In the Post-partum Period

The Dietary Reference Intakes include recommendations for intake during lactation. Separate recommendations are not included for women who are not breastfeeding; the DRIs for healthy women are included in this table.

Nutrient	Recommended intake for lactating women (per day)	Recommended intake for non-lactating women	Comments
Energy	<ul style="list-style-type: none"> 1st 6 months – additional 330 calories 2nd 6 months – additional 400 calories 	EER, based on weight, height, physical activity level, and age	<p><i>Example:</i> The energy requirement for a 25-year old woman who weighs 50 kg, is 165 cm tall, and is moderately active is estimated to be 2000 kcal. Her energy needs during lactation are estimated to be:</p> <ul style="list-style-type: none"> 1st 6 months: $2000 + 330 = 2330$ 2nd 6 months: $2000 + 400 = 2400$ <p>If she is not breastfeeding, her estimated energy needs remain around 2000 kcal</p>
Water	3.8 liters per day	<ul style="list-style-type: none"> 14-18 years – 2.3 liters per day 19-30 years – 2.7 liters per day 31-50 years – 2.7 liters per day 	
Protein	All age groups: 1.3 g protein per kilogram or + 25 grams protein	0.8 g protein per kilogram per day	<p><i>Example:</i> The protein requirement for a 25-year old woman who weighs 50 kilograms, is estimated to be about 65 grams per day:</p> <ul style="list-style-type: none"> $1.3 \times 50 = 65$ $(0.8 \times 50) + 25 = 65$
Carbohydrate	All age groups: 210 g	All age groups: 130 g per day (45-60% of total energy intake)	
Calcium	<ul style="list-style-type: none"> 14-18 years – 1300 mg 19-30 years – 1000 mg 	<ul style="list-style-type: none"> 14-18 years – 1300 mg per day 	<p>Food sources:</p> <ul style="list-style-type: none"> milk, milk products

	<ul style="list-style-type: none"> • 31-50 years – 1000 mg 	<ul style="list-style-type: none"> • 19-30 years – 1000 mg per day • 31-50 years – 1000 mg per day 	<ul style="list-style-type: none"> • legumes, nuts, dried fruits • dark leafy green vegetables – kale, cabbage, collards, turnip greens • spinach, chard, beet greens – bound with oxalic acid, making the calcium unavailable
Iron	<ul style="list-style-type: none"> • 14-18 years – 10 mg • 19-30 years – 9 mg • 31-50 years – 9 mg 	<ul style="list-style-type: none"> • 14-18 years – 15 mg per day • 19-30 years – 18 mg per day • 31-50 years – 18 mg per day 	Food sources: red meat, seafood, poultry, dried beans, blackstrap molasses
Zinc	<ul style="list-style-type: none"> • 14-18 years – 13 mg • 19-30 years – 12 mg • 31-50 years – 12 mg 	<ul style="list-style-type: none"> • 14-18 years – 8 mg per day • 19-30 years – 8 mg per day • 31-50 years – 8 mg per day 	Recommendations during lactation are increased above pregnancy and non-pregnancy levels
Vitamin D	All age groups: 5.0 µg (200 IU)	All age groups: 5.0 µg (200 IU) per day	
Vitamin A	<ul style="list-style-type: none"> • 14-18 years – 1200 µg • 19-30 years – 1300 µg • 31-50 years – 1300 µg 	All age groups: 700 µg per day	Food sources: sweet potato, carrots, spinach, squash, mixed vegetables, apricots
Vitamin B6	All age groups: 2.0 mg	<ul style="list-style-type: none"> • 14-18 years – 1.2 mg per day • 19-30 years – 1.3 mg per day • 31-50 years – 1.3 mg per day 	Food sources: <ul style="list-style-type: none"> • fortified cereals • mixed foods with meat, fish, or poultry as the main ingredient • white potatoes and other starchy vegetables • non citrus fruits
Vitamin B12	All age groups: 2.8 µg per day	All age groups: 2.4 µg per day	

