

Breastfeeding Nutrition Starter Kit



Welcome to your breastfeeding journey! I'm Dr. Seema Gupta MD, an Ayurveda physician with years of experience guiding moms to optimize their diets. In my practice, I've helped mothers reduce baby fussiness and boost milk supply with remedies like Almond Ladoo and fennel tea, blending modern nutrition with Ayurvedic wisdom. This kit empowers you with tools to support your baby's health. Chat with me on WhatsApp (+91-7416000033) for personalized advice!

Your 7-Day Meal Planner

This fillable meal planner guides you through a week of nourishing, Ayurvedic-inspired meals designed to support breastfeeding. In my practice, I recommend ghee and moong dal for their nourishing, Vata-balancing properties to support breastfeeding moms.



Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Oats porridge with banana, 1 tsp ghee (Ayurvedic, boosts milk supply)	Moong dal khichdi, steamed carrots, curd (easy to digest)	Whole wheat roti, mild chicken curry, cucumber salad	Roasted almonds, fennel tea (soothes digestion)
Day 2	Ragi porridge with jaggery, walnuts (Ayurvedic, nutrient-rich)	Brown rice, masoor dal, steamed spinach	Quinoa, grilled salmon, mixed greens	Apple slices, chamomile tea
Day 3	Whole grain toast, avocado, boiled egg	Moong dal soup, steamed zucchini, rice	Roti, paneer bhurji (if no dairy sensitivity), salad	Almond ladoo, warm water
Day 4	Upma with veggies, 1 tsp ghee	Brown rice, toor dal, steamed broccoli (lightly cooked)	Grilled chicken, sweet potato, curd	Banana, fennel tea

7-Day Meal Planner Continued

Complete your week with these nourishing meal combinations that balance modern nutrition with Ayurvedic principles.

Day	Breakfast	Lunch	Dinner	Snacks
Day 5	Oats with almond milk, chia seeds	Quinoa khichdi, steamed green beans, curd	Roti, mild fish curry (low-mercury), salad	Roasted chana, chamomile tea
Day 6	Poha with veggies, 1 tsp ghee	Brown rice, moong dal, steamed carrots	Whole wheat pasta, tomato sauce, grilled veggies	Orange slices, warm water
Day 7	Ragi dosa, coconut chutney	Millet khichdi, steamed spinach, curd	Roti, egg curry (mild), cucumber salad	Almonds, fennel tea

 **Tip:** In my practice, I recommend ghee and moong dal for their nourishing, Vata-balancing properties to support breastfeeding moms.

 by Dr Seema Gupta

7-Day Symptom Tracker: Identify Food Triggers

Log meals and symptoms daily to identify triggers, a method I use with my patients. Note the time and severity of symptoms (e.g., mild, moderate, severe), then discuss patterns with me via WhatsApp to tailor your diet. This approach has helped my clients pinpoint foods like dairy or cruciferous veggies causing fussiness or gas.

 **Personal Experience:** In my clinic, tracking symptoms like fussiness or green stools helps pinpoint foods like dairy or cruciferous veggies, allowing moms to adjust diets effectively.

Instructions: Fill in the table below for Days 1-4. Record the date, what you ate (including time and portion), and any symptoms your baby experiences. Be specific about timing and severity.

Date	Meal (Food, Time, Portion)	Fussiness	Gas/Boating	Rash/Eczema	Sleep Issues	Diaper Changes	Other	Notes
Day 1: [MM/DD/YYYY]	[e.g., Ate broccoli at 1 PM, 1 cup]	[None/Mild/Moderate/Severe, time]	[None/Mild/Moderate/Severe, time]	[None/Mild/Moderate/Severe, time]	[None/Poor naps/Night waking, time]	[Normal/Green stool/Loose, time]	[e.g., Reflux, time]	[e.g., Suspect broccoli caused gas]
Day 2: [MM/DD/YYYY]								
Day 3: [MM/DD/YYYY]								
Day 4: [MM/DD/YYYY]								

Discuss patterns with Dr. Seema Gupta on WhatsApp: +91-7416000033

7-Day Symptom Tracker Continued

Continue logging meals and symptoms to identify patterns. Share your findings with me via WhatsApp (+91-7416000033) to customize your diet, as I do with my patients.

 **Personal Experience:** In my practice, consistent tracking over a week often reveals triggers like dairy, leading to happier babies and confident moms.

Date	Meal (Food, Time, Portion)	Fussiness	Gas/Boating	Rash/Eczema	Sleep Issues	Diaper Changes	Other	Notes
Day 5: [MM/DD/YYYY]								
Day 6: [MM/DD/YYYY]								
Day 7: [MM/DD/YYYY]								

Discuss patterns with Dr. Seema Gupta on WhatsApp: +91-7416000033

Ayurvedic Recipe: Moong Dal Khichdi



Easy to digest, supports milk production, a staple in my clinic. This nourishing dish balances Vata and provides essential nutrients for breastfeeding mothers.

Ingredients

- 1 cup rice
- ½ cup moong dal
- 1 tsp cumin
- 1 tsp ghee
- ½ tsp turmeric
- Salt to taste

Steps

1. Soak moong dal for 30 minutes, then drain
2. Cook dal and rice together with 4 cups water until soft and mushy
3. In a separate pan, heat ghee and add cumin seeds until they splutter
4. Add turmeric to the tempering
5. Pour the tempering over the cooked khichdi
6. Add salt to taste and mix well
7. Serve warm with a dollop of ghee on top

Benefits

Easy to digest, supports milk production, a staple in my clinic. This traditional Ayurvedic dish is perfect for postpartum recovery and provides sustained energy throughout the day.



by **Dr Seema Gupta**

Ayurvedic Recipe: Fennel Tea



Soothes digestion for mom and baby, recommended for my patients. This gentle tea helps reduce gas and colic in babies through breast milk.

Ingredients

- 1 tsp fennel seeds
- 1 cup water

Steps

1. Bring 1 cup of water to a boil
2. Add fennel seeds to the boiling water
3. Reduce heat and let steep for 5 minutes
4. Strain the tea into a cup
5. Drink warm, 2-3 times daily

Benefits

Soothes digestion for mom and baby, recommended for my patients. Fennel is a traditional Ayurvedic remedy that:

- Reduces gas and bloating in both mother and baby
- Supports healthy milk production
- Calms digestive discomfort
- Provides gentle relief from colic symptoms
- Can be consumed throughout the day

Ayurvedic Recipe: Almond Ladoo



Energy-boosting, nutrient-rich, loved by my clients. These delicious treats provide sustained energy and essential nutrients for breastfeeding mothers.

Ingredients

- 1 cup almonds
- ½ cup dates
- ½ tsp cardamom powder
- 1 tsp ghee

Steps

1. Soak almonds overnight, then peel and dry them
2. Grind almonds into a fine powder using a food processor
3. Remove pits from dates and mash them into a paste
4. Mix almond powder with mashed dates in a bowl
5. Add cardamom powder and ghee to the mixture
6. Mix everything together until well combined
7. Take small portions and shape into round balls (ladoos)
8. Store in an airtight container in the refrigerator
9. Consume 1-2 ladoos daily as a nutritious snack

Benefits

Energy-boosting, nutrient-rich, loved by my clients. These ladoos provide:

- Healthy fats and protein from almonds
- Natural sweetness and fiber from dates
- Digestive support from cardamom
- Sustained energy for busy mothers
- Essential nutrients for milk production

Quick Tips for Breastfeeding Success

Essential guidelines from my clinical practice to support your breastfeeding journey with Ayurvedic wisdom and modern nutrition.



Stay Hydrated

Drink 8-10 glasses of water daily to support milk production and overall health. Keep water nearby during feeding sessions.



Use Mild Spices

Use cumin and coriander for mild flavor that won't upset baby's digestion. These Ayurvedic spices support your digestive health too.



Monitor Dairy Intake

Avoid dairy if baby has eczema or shows signs of sensitivity. Watch for rashes, fussiness, or digestive issues after consuming dairy.

Practice Vata-Balancing Meditation

Incorporate Ayurvedic meditation practices to balance Vata dosha, reduce stress, and support hormonal balance during breastfeeding.

Consult Your Pediatrician

Always consult your pediatrician for allergies or persistent symptoms. Work together with your healthcare team for the best outcomes.



Remember: Every mother and baby pair is unique. These tips are starting points—adjust based on your individual needs and always consult with healthcare professionals.

Understanding Food Sensitivities

In my practice, I've helped countless mothers identify and manage food sensitivities that affect their babies through breast milk. Here's what you need to know.

01

Identify Common Triggers

Dairy, soy, eggs, nuts, wheat, and cruciferous vegetables are the most common culprits. Watch for patterns in your symptom tracker.

02

Eliminate Suspected Foods

Remove suspected trigger foods from your diet for 2-3 weeks. This gives your baby's system time to clear the proteins.

03

Observe Changes

Monitor your baby's symptoms during the elimination period. Note improvements in fussiness, gas, rash, or sleep patterns.

04

Reintroduce Carefully

After the elimination period, reintroduce one food at a time, waiting 3-5 days between each to identify specific triggers.

05

Adjust Your Diet

Based on your findings, create a personalized diet plan that avoids triggers while maintaining nutritional balance.

Need personalized guidance? Message Dr. Seema Gupta on WhatsApp: +91-7416000033 to discuss your specific situation and get tailored recommendations.

Ayurvedic Principles for Breastfeeding



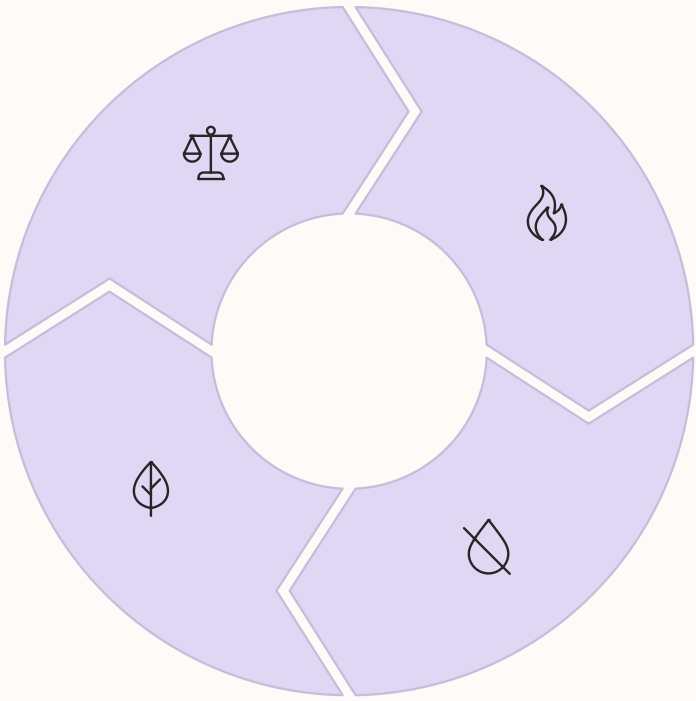
Ancient Ayurvedic wisdom offers powerful support for modern breastfeeding mothers. These principles have guided my practice for years.

Balance Vata Dosha

Postpartum period increases Vata.
Use warm, nourishing foods and ghee to restore balance.

Use Galactagogues

Incorporate milk-boosting herbs like fennel, fenugreek, and shatavari.



Support Agni (Digestive Fire)

Maintain strong digestion with easy-to-digest foods like khichdi and warm spices.

Enhance Ojas (Vitality)

Build strength and immunity with nourishing foods like almonds, dates, and ghee.

"In Ayurveda, we say that a well-nourished mother produces abundant, high-quality milk. The key is balancing your doshas while providing your body with easily digestible, nutrient-dense foods." — Dr. Seema Gupta MD

Building Your Support System

Successful breastfeeding requires more than just nutrition—it requires a strong support system. Here's how to build yours.

Professional Support

- Lactation consultant for feeding challenges
- Ayurvedic practitioner for holistic guidance
- Pediatrician for baby's health monitoring
- Nutritionist for dietary planning
- Mental health professional for emotional support

Personal Support

- Partner or family member for daily help
- Other breastfeeding mothers for shared experiences
- Online communities for 24/7 connection
- Friends who can provide practical assistance

Self-Care Practices

- Prioritize rest and sleep when possible
- Practice gentle yoga or stretching
- Engage in Vata-balancing meditation
- Take warm baths with calming herbs
- Accept help from others graciously



Remember: You cannot pour from an empty cup. Taking care of yourself is essential to taking care of your baby.

Connect with Dr. Seema Gupta on WhatsApp (+91-7416000033) for personalized support and guidance throughout your breastfeeding journey.

Frequently Asked Questions

Answers to common questions I receive from breastfeeding mothers in my practice.

How long does it take to see results from dietary changes?

Most mothers notice improvements in their baby's symptoms within 2-3 weeks of eliminating trigger foods. However, some proteins can take up to 6 weeks to fully clear from your system and breast milk.

Can I eat spicy food while breastfeeding?

Yes, but start with mild spices like cumin and coriander. Ayurvedic spices actually support digestion. Avoid very hot spices initially and observe your baby's reaction before increasing spice levels.

How much water should I drink daily?

Aim for 8-10 glasses of water daily, plus additional fluids from herbal teas and soups. Stay hydrated, but don't force excessive water intake as it won't increase milk supply beyond adequate hydration.

What if my baby is still fussy after dietary changes?

Fussiness can have multiple causes beyond diet. Consult your pediatrician to rule out other issues like reflux, colic, or developmental factors. Continue tracking symptoms and reach out to me for personalized guidance.

Are Ayurvedic remedies safe while breastfeeding?

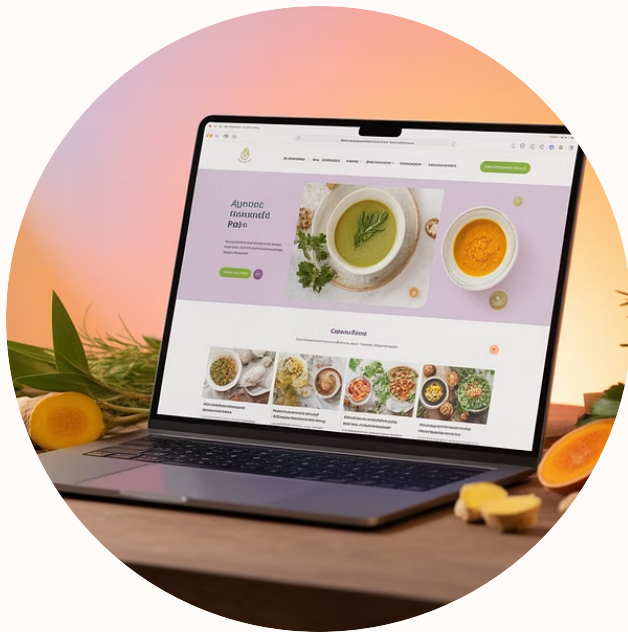
The food-based Ayurvedic remedies in this kit (like fennel tea, ghee, and moong dal) are safe and beneficial. Always consult with a qualified Ayurvedic practitioner before taking herbal supplements.

How do I maintain my own nutrition while avoiding trigger foods?

Focus on nutrient-dense alternatives. If avoiding dairy, use fortified plant milks and eat plenty of leafy greens for calcium. The meal plans in this kit are designed to provide complete nutrition even with common eliminations.

Resources & Support

Connect with AyurvedGuide for ongoing support, recipes, and expert guidance throughout your breastfeeding journey.



Visit Our Website

[Explore comprehensive articles on Ayurvedic nutrition for new moms, breastfeeding tips, and postpartum wellness at ayurvedguide.com](https://ayurvedguide.com)



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Get Personalized Support

Need more help? Message Dr. Seema Gupta on WhatsApp: +91-7416000033 for personalized guidance tailored to your unique situation.

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Articles on "Ayurvedic Nutrition for New Moms" and more

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Social Media

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For personalized consultations

☐ **Disclaimer:** This information is for educational purposes only and is not intended to replace professional medical advice. Always consult your doctor, pediatrician, or qualified healthcare provider before making significant dietary changes or if you have concerns about your baby's health.

Your Journey Starts Here



Congratulations on taking this important step in your breastfeeding journey! This starter kit provides you with the tools, knowledge, and support you need to nourish both yourself and your baby with confidence.



Plan Your Meals

Use the 7-day meal planner to establish nourishing eating habits



Track Symptoms

Monitor your baby's responses to identify any food sensitivities



Try the Recipes

Incorporate Ayurvedic recipes that support milk production and digestion



Get Support

Reach out for personalized guidance whenever you need it

"Remember, every breastfeeding journey is unique. Trust your instincts, be patient with yourself, and know that support is always available. You're doing an amazing job!" — **Dr. Seema Gupta MD**

Ready to Get Started?

Begin with Day 1 of your meal planner and start tracking symptoms today. Small, consistent steps lead to lasting results.

Need Personalized Help?

Contact Dr. Seema Gupta

WhatsApp: +91-7416000033

Website: ayurvedguide.com

Social: @AyurvedGuide

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