

Tips for Working Mothers on Time Management and Nutrition

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Breastfeeding is the best ‘gift’ for mothers and babies. Breastfeeding is beneficial for nursing women, babies, and the entire family. For mothers, it creates an emotional bond with the newborn, and it helps in spacing out pregnancies as a natural method of birth control. It also has several health benefits for women, protecting them from the risk of ovarian or breast cancers.

Breastfeeding protects babies against various diseases, it breaks the cycle of diarrhoea, provides key nutrients for the first 6 months, and also breaks the cycle of malnutrition. Breastfed babies grow strong and intelligent.

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How many nutrients do mothers need each day?

Mothers who breastfeed typically require additional calories to meet their nutritional demands. For well-nourished breastfeeding mothers, an increase of 500 kcal per day is recommended compared to their pre-pregnancy calorie intake.

Age, body mass index, amount of activity, and the extent of breastfeeding for each lactating woman – all impact the additional calories they require.

Working Mothers and Breastfeeding

Despite a busy schedule, working mothers need to consume a healthy diet with small frequent meals that include components from all 5 food groups to meet the demands of caring for a newborn and the increased nutrient needs during breastfeeding.

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Tips for Healthy Diet and Time Management

With the crunch of time, people often go for foods that are processed and quick to eat, but these processed foods are high in unhealthy fats and sugars. Some tips for incorporating a healthy diet and time management:

- Cereal mix
- Fruit and vegetable salads
- Boiled eggs
- Dry roasted nuts made into powder and consumed
- Opt for nutrient-dense foods, or those that are high in vitamins and minerals, to satisfy your increased caloric needs. Some of these are whole grains, beans, meat and poultry, nuts, milk and dairy products, fruits, and vegetables.

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Breastfeeding and Hydration

Additionally, breastfeeding increases mothers’ fluid requirements, so hydrating foods are another excellent option. Drinking adequate water will enable a mother’s body to produce a great deal of nutritious milk for her baby. Include 2-3 snacks every day to boost your energy levels for breastfeeding.

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