

Nutrition While Breastfeeding

Don't think that you must eliminate all the foods (and drinks) you may have once ultimately enjoyed. Many women may think they have to cut out all junk foods or avoid eating certain foods while they are breastfeeding in order to make baby happy, but that is not necessarily true. As you will soon find out with breastfeeding it is a true game of trial and error...and a little give and take. What may upset the belly of one baby may not affect another baby at all.

Although you may often hear from your pediatrician or a family member to avoid a certain food because it will make the baby upset. That is simply not true. There are debates on foods to avoid, but as stated above, it depends on the baby. However as you read you will notice a few exceptions to this and a few guidelines on others.

The Ideal Diet

Ideally, the diet of a breastfeeding woman is simplicity. A diet full of veggies, fruits, whole grains, and lean meats is what to strive for, but that doesn't mean putting down the ice cream for good; just try not to make them a part of your daily meals. Although this is true for even those who are not breastfeeding, it is especially true for those who are.

Approach With Caution

The most common irritants in babies are the following

- Cow's Milk
- Eggs
- Peanut Butter (Peanuts)
- Soy
- Fish
- Wheat
- Citrus Fruit

If you notice a reaction in your baby avoid eating that food for a couple months and try again, depending on the severity of the reaction.

Physical Benefits

Research has found that breastfeeding moms can drink up to 5 cups of coffee per day before it begins having an effect on your child. Of course, you should watch for reactions to determine how much your child can tolerate.

