Foods To Be Careful With While Breastfeeding Cheat Sheet

What to avoid for the health of your baby

• Fish high in mercury (such as avoid shark, swordfish, king mackerel, and possibly also tuna steak, Spanish mackerel, marlin, and grouper)
• Alcohol (limit drinking to one glass of wine (or similar) and wait for two hours before breastfeeding)

If your baby is fussy be careful with...

• Gassy foods (such as broccoli, cabbage, brussel sprouts, and onion)
• Caffeine
• Cow’s milk
• Chocolate
• Spicy Foods

To feel better while breastfeeding, eat a lot of

• Wholegrain products (to avoid constipation)
• Pure water (for milk production, energy and to avoid constipation)
• Fruits and vegetables (great sources of vitamins, fiber and water)

What you can eat that you couldn’t during pregnancy...

• Unpasteurized dairy products
• Raw meat and deli meat
• Raw shell fish
• Smoked seafood
• Raw eggs

Read more at www.easybabylife.com/eat-while-breastfeeding.html