

## [DIET FOR BREASTFEEDING MOTHERS](#)



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Many new moms wonder how breastfeeding will affect their diet. You probably don't need to make any major changes to what you eat or drink when you're nursing, though there are a few important considerations to keep in mind: One of the wonders of breast milk is that it can meet your baby's

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### **Diet and weight loss while breastfeeding Australian**

A 'perfect' diet is not required for breastfeeding. In general, your diet is important for your own health and energy levels, rather than affecting your breastmilk and your baby. Even in countries where food is scarce, mothers are able to breastfeed and their babies thrive. This article contains tips about what to eat and how to lose weight

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### **How does a mother's diet affect her milk KellyMom com**

According to Katherine A. Dettwyler, Ph.D., breastfeeding researcher and anthropologist, women throughout the world make ample amounts of quality milk while eating diets composed almost entirely of rice (or millet or sorghum) with a tiny amount of vegetables and occasional meat.

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