

## [WHAT YOU CAN EAT WHILE BREASTFEEDING](#)



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While breastfeeding you need to consider possible reactions from what you are eating. While not all babies react to the same foods, here are 10 foods that might cause problems. While not all babies react to the same foods, here are 10 foods that might cause problems.

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### **Foods You Can't Eat While Breastfeeding Healthfully**

If you are a breastfeeding mom, you don't need to entirely swear off any particular food, says Dr. Paula Meier, director of clinical research and lactation in the neonatal intensive care unit at Rush University Medical Center in Chicago.

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### **What to Eat While Breastfeeding For a Easy Baby Life**

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### **Breastfeeding Diet 101 What to Eat While Breastfeeding**

Here are some nutritious foods you should eat while breastfeeding: Fish and seafood: Salmon , seaweed, shellfish and sardines. Meat: Beef , lamb , pork and organ meats , such as liver.

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### **Diet for a healthy breastfeeding mom BabyCenter**

Also, drink water with your alcoholic drink, and eat before (or while) you drink to help lower the amount of alcohol in your blood and your milk. Drink plenty of water and limit caffeine When you're breastfeeding, your body needs plenty of fluid, but there's no need to keep a record of how much you drink.

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### **What can I eat and drink when I'm breastfeeding**

You can now enjoy foods that were off-limits in pregnancy, such as soft cheeses and pates. The same rules about fish apply, though, which is to limit shark, swordfish or marlin to one portion a week. Don't eat more than two portions a week of fresh oily fish, but you can have as much canned tuna and white fish as you like.

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### **How to Eat Right When You're Breastfeeding Verywell Family**

You can continue to take your prenatal vitamin while you're breastfeeding, but the majority of your nutrients should come from the foods you eat.

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### **What to Eat While Breastfeeding Happy Family Organics**

Healthy eating can influence the nutrition composition of your breastmilk and staying well-nourished while breastfeeding is vital, because just like pregnancy, during breastfeeding your body will prioritize the baby.

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### **The Breastfeeding Diet What to Expect When You're**

Having a healthy breastfeeding diet can help you and your baby. Here's how to get the right nutrition to provide your baby with a liquid lunch. Here's how to get the right nutrition to provide your baby with a liquid lunch.

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