

What should breastfeeding mothers eat?

Breast milk is not directly made from the food the mother eats but rather from **nutrients from the blood**. Mother's diet is important **to support the production of milk** and to secure her health and nutritional status.

Producing milk requires extra energy

+400-500 kcal/day

Healthy, balanced diet!

What to eat?

- Vegetables
- Fruit
- Nuts
- Oils & fats
- Meat, poultry, eggs
- Dairy
- Legumes
- Fish
- Bread, cereals, pasta, rice (prioritize whole grains)

Did you know the maternal diet during pregnancy and lactation shapes flavor preferences during infancy?

WHAT TO AVOID OR LIMIT?

A restrictive or strict diet to lose weight



Fish that are high in mercury, such as swordfish, marlin or shark.



There is no safe lower limit for alcohol! **Do not drink alcohol before breastfeeding.** If you drink alcohol wait 3h before breastfeeding.



Take moderate amounts of caffeine. 1-2 cups/day. Try **decaffeinated drinks!** Limit anise and fennel tea.

WHAT TO DRINK?

2L/DAY
PREFERABLY
WATER

Drink not only when you are thirsty and **pay attention to the color of your urine:** dark yellow means you have to drink more.



Consult your doctor if you need to use medication or food supplements

Common questions?

Should I pay extra attention when I follow a vegetarian or vegan diet?

Can I follow a vegetarian or vegan diet?



Vegetarian mothers can produce nutritionally complete breast milk



Vegetarian and vegan mothers should **consult a doctor** to consider taking supplements (e.g. vitamin B₁₂ and vitamin D)

Do I have to drink milk?



It's not compulsory
Milk is a good...

Source of	Alternatives
Protein	Legumes, meat, fish and eggs
Calcium	Green vegetables, fortified dairy products
Vitamin B₂	Nuts (almonds, cashew), egg white
Vitamin B₁₂	Meat, fish, egg

Do I have to eat fish?

Preferably 2 times per week



You can eat again raw and smoked fish



Fish is a good source of essential fatty acids which support the development of your baby



Can my diet cause colic in my baby?

Maybe, but this is not likely.

If your baby is fussy every time you eat a specific food, **try to exclude it for a couple of weeks and always reintroduce the foods back into your diet while checking your baby's reaction.**

Vegetables that could cause colic symptoms:



cauliflower



cabbage



kale



broccoli



Brussels sprouts

Colic should not be a reason to stop breastfeeding.