



Breastfeeding...

does not have to change
the way you eat

Breastfeeding offers you an excellent chance to continue to eat well. Your body will change naturally to make you more hungry and thirsty. This will help you to eat enough to meet the need for extra energy to make milk.

How can I be sure that I am eating well?

You will be eating well if you:

- enjoy a variety of foods
- eat more vegetables, fruits, whole grain cereals, and breads.
- choose lower fat dairy products, leaner meats, and foods made with little or no fat.

Eating well will keep you healthy.

Your milk will have everything your baby needs for normal growth.



Do I need to drink milk while I am breastfeeding?

Yes. Your body needs the extra calcium found in milk and milk products. You can get this calcium by drinking milk or eating milk products at least 4 times every day, try:

- 1 cup (250 ml) milk
- a chunk of hard cheese 1.5 oz. or 50 g
- 2 cups (500 ml) cottage cheese
- 1/2 cup (125 ml) yogurt
- 1/2 of a 7.5 ounce can of salmon with bones
- 7 medium sardines with bones

You can get smaller amounts of calcium by eating sesame seeds, tofu made with calcium, cooked broccoli, chile con carne, and other cooked beans.

If you do not eat milk and milk products, talk to your doctor or dietitian.

Do I need to take vitamins while I am breastfeeding?

No. You do not need to take a vitamin pill, if you are healthy and eat a variety of healthy foods. Do not worry if there are some days when you are not able to eat well. You will still make healthy milk for your baby.

Are there foods I should not eat while I am breastfeeding?

No. Eat foods that you enjoy and that agree with you. If your baby seems to get gas or colic from certain foods you have eaten, stop eating them for a while. Try them again when your baby is older.



Is it okay to diet when I am breastfeeding?

No. You should not diet when you are breastfeeding. You need lots of energy and good foods to make healthy milk for your baby, and to stay healthy.

Breastfeeding will help you lose about 1 to 2 pounds each month in the first 4 to 6 months after your baby is born.

What if I like to drink coffee?

Coffee contains caffeine. Caffeine may cause your baby to be very active and have trouble sleeping. Try to have less caffeine when you are breastfeeding. Instead of coffee, you may choose to drink milk, juice, or water.

Other sources of caffeine are:

- tea
- cola
- chocolate
- some medications

Are herbal teas safe to drink?

Some herbal teas are safe to drink while breastfeeding. Herbs can affect your baby because they go into your breast milk. There are many herbal teas that are unsafe for you and your baby.

You can drink herbal teas that have little or no effect on your body.

Some safe herbal teas are:

- chamomile
- raspberry
- peppermint
- rosehip

For more information about herbal teas, contact your local Public Health Department.



Can I drink alcohol while I am breastfeeding?

Alcohol goes into your milk. An occasional drink will not harm your baby. It is best not to drink every day. Do not have more than 2 drinks with alcohol in the same day.

A drink is:

- one beer or cooler, or
- 4 ounces of wine, or
- 1 ounce of hard liquor.

Can I take medication while I am breastfeeding?

It is important to check with the doctor first, before taking any medicine. Most medications are okay when you are breastfeeding.



There are many people who can answer questions or help you with breastfeeding when you get home.

Some choices are:

- ☎ your Public Health Nurse
- ☎ La Leche League or Breastfeeding Support Group
- ☎ a breastfeeding clinic
- ☎ a breastfeeding consultant
- ☎ your doctor

Public Health Services

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