

Avoiding Foods While Breast Feeding

Many women find that they can eat whatever they may like during breast feeding. Even though it's true that some strongly favored foods can change the taste of your milk, many babies seem to enjoy the varieties of breast milk flavors. Occasionally, your baby may get cranky at the breast after you eat certain foods. If you notice this happening, simply avoid that particular food.

The most common offenders during breast feeding include chocolate, spices, citrus fruits, garlic, chili, lime, gassy vegetables, and fruits with laxative type effects, such as prunes and cherries.

You can have a cup or two of coffee a day, although too much caffeine can interfere with your baby's sleep and even make him or her cranky. Keep in mind, caffeine is found in many soda's, tea, and even over the counter type medicine as well.

It's okay to have an alcoholic beverage every now and then, although having more than one drink can increase your blood alcohol level, putting the alcohol into your breast milk.

If you are planning to have more than one drink at a time, it's best to wait two hours or more per drink before you resume any type of nursing or breast feeding. There is no need to pump and dump unless your breasts are full and it's time to feed your baby. While breast feeding, any type of heavy drinking should be avoided.

Before you actually omit any foods from your diet, you should talk to your doctor. If you avoid certain foods and it causes a nutritional imbalance, you may need to see a nutritionist for advice on taking other foods or getting nutritional supplements.

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