

WHAT FOODS TO EAT WHEN BREASTFEEDING



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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. Fruits and vegetables: Berries, tomatoes, cabbage, kale, garlic and broccoli. Nuts and seeds: Almonds, walnuts, chia

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10 Foods to Avoid While Breastfeeding Mom365

10 Foods to Avoid While Breastfeeding Caffeine. Fish. Chocolate. Parsley or Peppermint. Dairy. Alcohol. Citrus. Peanuts. Garlic. Wheat.

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Diet for a healthy breastfeeding mom Eat a well-balanced diet for your health. Don't count calories. Aim for slow and steady weight loss. Include a variety of healthy foods. Choose good fats. Take extra steps to avoid contaminants. Eat fish but be picky. Go easy on the alcohol. Drink

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The Top 12 Best Foods to Eat While Breastfeeding

A varied diet that contains plenty of healthy options is a great way to ensure that you and your baby are getting all the vitamins and nutrients you both need. Here are the top twelve best foods to eat while breastfeeding. Top 12 Best Foods to Eat While Breastfeeding

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Avoid trans fats if possible (found in processed foods such as baked goods). Take a postnatal vitamin. Consider taking a postnatal or breastfeeding supplement while nursing to help ensure you are meeting your daily nutritional requirements for vitamins, minerals and micronutrients. Get familiar with, and eat plenty of, micronutrients

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What you can eat while breastfeeding is almost everything! This post walks you through what foods to eat and avoid while breastfeeding and you get a practical checklist to download. Most foods will not harm your baby, but his or her wellbeing may be affected.

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