

DIET FOR BREASTFEEDING MOTHERS



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The American Academy of Pediatrics recommends that breastfeeding moms get 200 to 300 mg of DHA a day. Daily food and meal plans for breastfeeding moms. Chart of daily food group servings for breastfeeding moms. Sample meal plans for breastfeeding moms.

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The Breastfeeding Diet. by What to Expect Editors. Reviewed October 11, 2018. Very few babies (two to three in 100) are actually allergic to foods in their moms diets. The most common offender is cow's milk; others are soy, nuts, wheat and peanuts. In addition to extreme fussiness and crying, babies who have a real food allergy will

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Breastfeeding moms who follow a vegetarian diet are safe to stick to their meatless meals. Eating animal-derived foods such as dairy products supplies plenty of calcium and protein.

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Nursing mothers often consider dieting long before their baby is ready to stop breastfeeding. While going on a diet is not recommended while nursing, there are several safe and healthy ways for nursing mothers to change their diet without compromising the quality and quantity of breast milk available for their babies.

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