

Foods to avoid while breastfeeding

Breastfeeding your new baby can be a great bonding experience and won't require any great changes in your diet. You can still enjoy many of the foods you used to, but there are a few that you should avoid or limit. By making your diet as healthy as you can, you can also help keep your baby's diet healthy.

Avoiding Certain Foods

1. Don't consume alcohol when you are breastfeeding

No amount of alcohol is acceptable or safe for your baby to consume. Breastfeeding after you have had any alcoholic beverage will potentially transfer some of that alcohol to your baby, which is dangerous. Always avoid alcoholic drinks in the interest of your baby so as not to harm the little soul.

2. Cut out any allergens that you notice

Eating certain foods and then breastfeeding may cause an allergic reaction in your baby. Carefully watch your baby for any signs of allergic reactions after breastfeeding. If you notice any allergic reactions, think back to any foods you may have recently eaten or any new foods in your diet. These foods will need to be removed from your diet.

The most common symptom of an allergic reaction can be found in your baby's stool. Any stool that is mucous-like, green, and blood-specked will indicate a potential allergic reaction.

Allergic reactions may also cause your baby to become fussy, develop a rash, get diarrhea, become constipated, or in some extreme cases may cause difficulty breathing.

If you notice any signs of allergic reaction, take your child to the pediatrician as soon as possible.

Common foods that may cause allergic reactions are peanuts, soy, wheat, cow's milk, corn or eggs.

Keep a food diary to have an accurate list of what you have eaten recently. This will allow you to discover which foods might be responsible for the allergy.

3. Learn your baby's preferences

Your baby may simply not enjoy the taste that some foods can add to breast milk. Food and drink that have naturally strong flavors or taste can transfer these flavors into breast milk, causing your baby to not want to eat. Keep track of what you are eating and when your baby seems to react to learn which foods your baby doesn't like.

4. Cut back on caffeine.

While the levels that can be found in breast milk are not considered to be harmful to your baby, they can still have an effect. Babies who are consuming caffeine through breast milk can have difficulty sleeping or become agitated. Limit the amount of caffeine that you drink daily to keep it out of your breast milk.

Do not drink more than 2 to 3 cups of coffee per day.

5. Monitor your intake of certain vegetables.

Some vegetables can cause adults to become gassy. If you are eating these and breast feeding, it may also lead to your baby becoming gassy. Watch you baby for signs of excessive gas and try to avoid eating any foods that may be causing it. Keep an eye out for some known foods that can cause excess gas are Broccoli, Beans, Cabbage, Chewing Gums, Onions, Whole-grain foods.