



Nutrition While Breastfeeding

What should I eat?

You do not have to eat special foods while breastfeeding. Try to eat healthy. Your body will make milk regardless of what you eat.



What should I drink?

It is very important to stay hydrated. Limit coffee, tea, soda, and energy drinks as too much caffeine can make your baby fussy.

You can occasionally have an alcoholic drink, but do not drink too much as it can harm your baby. Alcohol can pass through breast milk so wait two to three hours before breastfeeding.



What about other things like medications?

Talk to your doctor, nurse or WIC counselor about medications, smoking, drinking alcohol and any other questions you may have.



 eisnerhealth.org

 [@EisnerHealth](https://www.facebook.com/EisnerHealth)

 [@eisner_health](https://www.instagram.com/eisner_health)