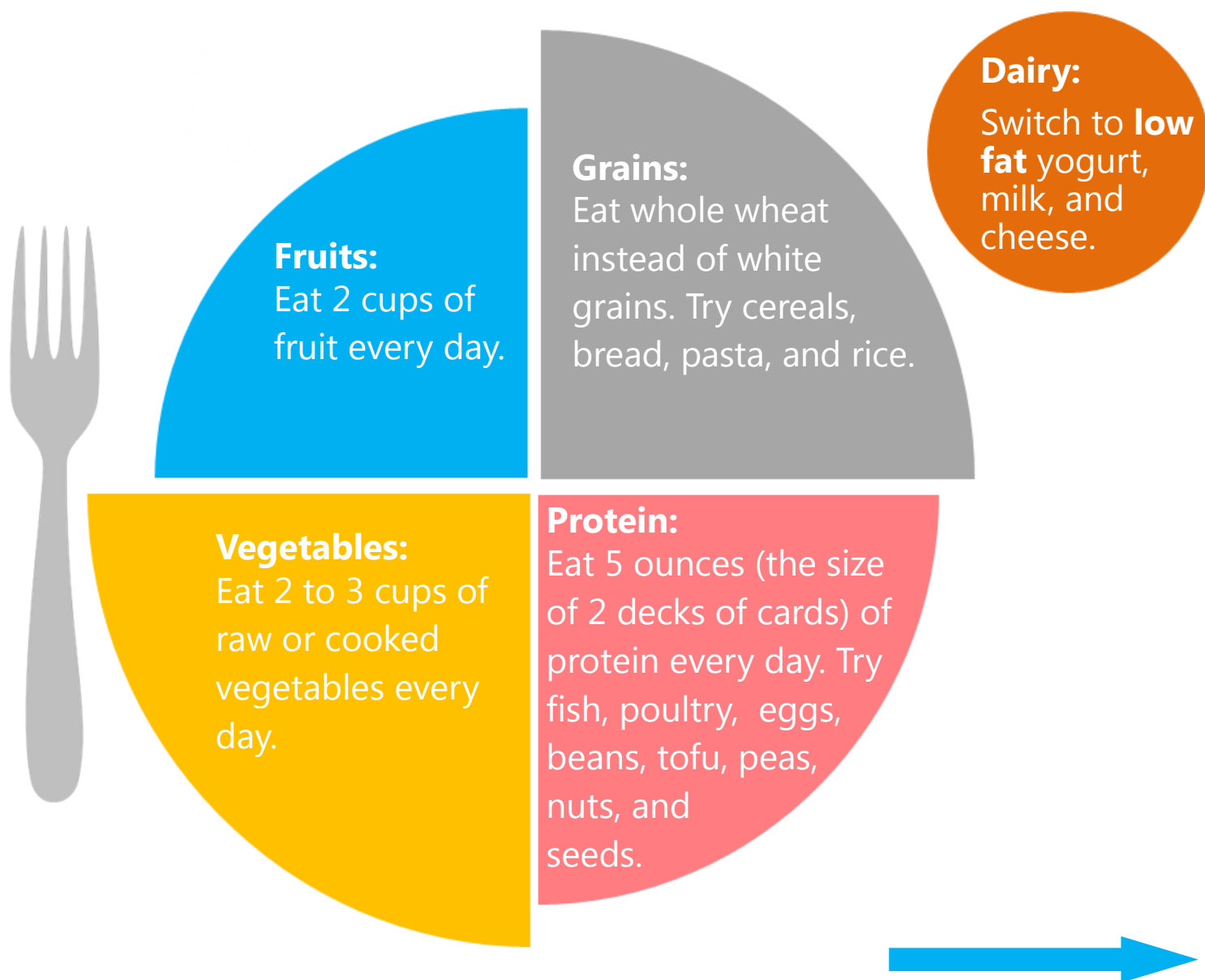


# Nutrition and Breastfeeding

This handout will tell you about what to eat and drink while you are breastfeeding.

## Foods

You do not need to have a special diet while you are breastfeeding. Try to make healthy choices and eat from different food groups:



## Fluids

- Drink lots of water during the day.
- Drinking more fluids will **not** help you make more milk. The best way to make more milk is to breastfeed about 10-12 times a day.
- Limit how much juice and soda you drink. These drinks are full of sugar. Drink water instead.



## Caffeine

- Drinking 2 to 3 cups of coffee a day will not affect your breastmilk. Do not drink more than 2 to 3 cups of coffee a day.
- If your baby is fussy, try drinking less caffeine.

## Alcohol

- You can have 1 to 2 drinks and still breastfeed or pump. If you drink wine, beer, or liquor, only a little gets into your breastmilk.
- Having 1 to 2 drinks can change the taste of your milk but will not be harmful to your baby.
- If you drink a lot and feel drunk, wait until you don't feel drunk anymore to breastfeed. You do not need to pump and throw away breastmilk. Just wait until you do not feel drunk anymore to breastfeed or pump.
- Nurse your baby right before you drink. This way you will have some time for the alcohol to wear off until you breastfeed again.

## Exercise

Exercise does not affect your breast milk. When you exercise:

- Try nursing before you work out to help you feel more comfortable.
- Wear a sports bra that supports your breasts.
- Drink water to stay hydrated!

**If you have questions, talk to the doctor, nutritionist or health educator at your CHN center!**