

Healthy Moms, Healthy Babies

Oklahoma Cooperative Extension Service • Oklahoma State University



After the Baby: Daily Food Choices for the Breastfeeding Mom: Part 2

Liquids are important while you are breast-feeding. Drink water, juice, or milk shortly before or during the time you breast-feed. Drink fluids when you are thirsty, 8-12 cups of liquid every day. Milk, fruit juice, and water are good choices.

Breast-feeding is NOT the time to diet. You can eat well and not gain weight. Eat fewer foods high in fat and control your sweet tooth. Milk production takes extra energy and may help you get back to your normal weight.

Your doctor may tell you to keep taking your prenatal vitamins. Ask your doctor about vitamins and iron for your baby.

Health Tips

Drugs taken by a breast-feeding mother are excreted in her milk and may be dangerous to the baby. Ask your doctor about any drugs you are taking, such as non-prescription drugs or birth control pills.

Caffeine in coffee, tea, cocoa, and soda pop can be transferred to your baby in your breast milk. Too much caffeine can make you and your baby irritable. Limit coffee and soft drinks to one to two cups per day.

Avoid consuming **alcohol** while you are breast-feeding. Even small amounts of alcohol may change the odor and flavor of breast milk. These changes may cause your baby to consume less breast milk.



Smoking **cigarettes** while you are breast-feeding is not recommended. Smoking reduces the volume of milk produced and may cause your baby to become nauseated and vomit. Cigarette smoke in the air is also harmful to both your and your baby's lungs.

Suggested Readings:

Dairy Council of California. (1990). *Pregnancy: a special time for nutrition and good health*. Sacramento, CA: Author.

Editors of "Baby Talk" Magazine, The American College of Obstetricians and Gynecologists and Literacy Volunteers of America, Inc. (1994). Breast-feeding your baby. *Baby on the way basics*, 14-16 and 40-41.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

References:

Institute of Medicine (1991). *Nutrition during lactation*. Washington, D.C.: National Academy Press.

Second Follow-Up Report (1991). *The surgeon general's workshop of breast-feeding and human lactation*. Washington, D.C.: National Center For Education in Maternal and Child Health.



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***For more information, contact your OSU
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