

GOOD DIET FOR BREASTFEEDING%0A

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[Breastfeeding Diet 101 - What to Eat While Breastfeeding](#)

Breastfeeding Diet 101 - What to Eat While Breastfeeding
Written by Adda Bjarnadottir, MS on June 1, 2017

Breastfeeding has all sorts of benefits for both mom and baby .

[Breastfeeding Diet: The Best Foods For Nursing Mothers](#)

Breastfeeding Diet: The Best Foods For Nursing Mothers
You're no longer pregnant, but as a nursing mom, you still want to feast on foods that nourish your baby.

[Best Breastfeeding Diet and Foods to Avoid - Breastfeeding ...](#)

in general, it is best not to exclude any foods from the mother's diet, as breastfeeding is intended to create tolerance. In general, it is also best to exclude from the diet of the pregnant woman and breastfeeding mother foods to which she -and/or the biological father of the child is clearly reactive.

[Best Breastfeeding Diet Plan for Moms | World Of Moms](#)

Along with the best foods to eat while breastfeeding, it's important to keep taking vitamin and mineral supplements according to your doctor's advice. While you can get them from food, you want to make sure you're getting as much as you need.

[Diet for a healthy breastfeeding mom - BabyCenter Canada](#)

It's not a good idea to go on a strict diet when you are breastfeeding, but eating healthily and doing some gentle exercise will help you to get in shape. It is also safe for you to increase how much you exercise six to eight weeks after giving birth, if you feel up to it (Dewey et al 1994) .

[Diet for a healthy breastfeeding mom | BabyCenter](#)

In addition to being bad for your diet, getting too much of these unhealthy fats can alter the fat composition of your breast milk, which isn't good for your baby's health.

[A good diet for breastfeeding - Tesco Baby Club](#)

A good diet for breastfeeding The good news is that you don't need to stick to a special diet when you are breastfeeding. Just make sure that you are eating a good balanced diet, drinking plenty of fluids and avoiding a small number of things that may get into your breast milk.

[Post-Pregnancy Diet: 12 Foods for New Moms - WebMD](#)

Foods like brown rice provide your body the calories it needs to make the best-quality milk for your baby.

Oranges Portable and nutritious, oranges are a great food

to boost energy.

Diet for a healthy breastfeeding mum - BabyCentre UK

Just do your best to follow a balanced diet, which is a combination of healthy foods. A balanced diet includes: A balanced diet includes: Starchy foods, such as bread, potato, pasta and rice.