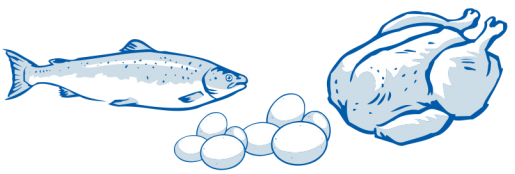
Nutrition while breastfeeding

Do eat	Don't eat
✔ **Plenty of fruit and vegetables** (fresh, frozen, tinned, dried or juice). Aim for at least five portions of a variety each day	
✔ **Bread, pasta, rice, potatoes** and other starchy foods – try to choose wholegrain options	
✔ **Lean meat and chicken, fish, eggs, nuts, pulses** (such as beans and lentils) and other protein-rich foods. These foods are also good sources of iron 	✗ Shark, swordfish and marlin more than once a week ✗ More than two portions of oily fish a week
✔ **Dairy foods** such as milk, cheese and yoghurt	
✔ **Plenty of fibre,** as found in wholegrain bread, nuts, pasta, rice, pulses and fruit and vegetables. After childbirth, some women experience bowel problems and find constipation particularly painful, but fibre can help	
✔ **Drink plenty of fluids,** six to eight glasses of fluids a day if possible	
✔ **Take a 10 mcg (microgram) supplement of vitamin D a day**	

Alcohol & caffeine

It's best not to drink alcohol while you're breastfeeding, but if you do, have no more than one to two units of alcohol once or twice a week.

It is important not to have too much caffeine as this may affect your baby and keep them awake. While you are breastfeeding, consume caffeinated foods and drinks (tea, coffee, cola, energy drinks and chocolate) occasionally rather than every day.

Some breastfed babies seem to react to foods their mothers eat. If you think that some foods you eat are affecting your baby, talk to your GP or health visitor. Remember, it's normal for breastfed babies to have loose stools.

ZTC600 09/2013 EN