

Best Foods to Eat When Breastfeeding

{ And what to Avoid }

1 Protein

Will keep you full. Salmon is high in omega-3s & eggs have choline, which is good for nervous system development.

Eggs/ Salmon/ Steak/ Lentils



2 Whole Grains

High fiber, keeps you full, & keeps blood sugar steady.

Oatmeal/ Whole Grain Pasta/Brown Rice



3 Calcium

Helps replace calcium that babies take out of mother's bones.

Yogurt/ Cheese/ Dark Leafy Greens



Red Meat/ Poultry Seafood/ Green Vegetables



4

Iron

Helps reduce tiredness and produce breastmilk

Avoid

{ Processed Foods
Sugary Drinks
Caffeine, Alcohol
Cow's Milk }

*Sources: Cleveland Clinic, Healthline, Mayo Clinic