



# Nutrition While Breastfeeding

## What should I eat?

You do not have to eat special foods while breastfeeding. Try to eat healthy. Your body will make milk regardless of what you eat.



## What should I drink?

It is very important to stay hydrated. Limit your caffeine intake (coffee, tea, soda, and energy drinks) as too much caffeine can make your baby fussy.

It is not recommended to drink alcohol while breastfeeding. If you have an alcoholic drink, wait at least 2-3 hours before breastfeeding.



## What about other things like medications?

Talk to your provider about any medications you are taking while breastfeeding. Smoking or drug use is not recommended during breastfeeding as it can pass through breast milk and harm your baby.

