

13 - Breastfeeding

A mother's nutritional requirements are greater when she is breastfeeding than they were during pregnancy. The best way to meet these needs is to eat a rich, varied diet.

What diet do I need to eat?



During this period there is a greater need for certain nutrients which are vital for the growth of the baby, such as proteins, calcium, iron, zinc, copper, selenium, vitamins A, B, and C, and water.



Milk is 80% water, and you will have to drink plenty of water to make enough milk.



Do not drink spirits. It is better not to drink any wine, even if it contains very little alcohol. Breastfeeding women may occasionally drink small amounts of alcohol.



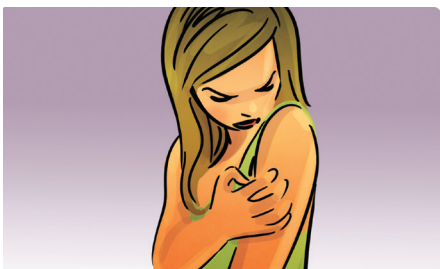
Drinking beer does not favour milk production.



You ought to limit the amount of coffee, tea, cocoa, and caffeine-based drinks.



Some foods such as asparagus, garlic, onions, cabbage, onions, almonds, and certain spices can give your milk a certain flavour or smell which your baby does not like. If you see your baby moving its head away from your breast because of the smell, stop eating them.



You should also avoid foods which may give rise to those clinical symptoms which seem to be allergies.



Do not eat fermented cheese, sea foods, molluscs, mussels, and possibly also cocoa or chocolate, strawberries, cherries, peaches, and apricots.



It is also a good idea to avoid any intense physical activity which might cause you to make lactic acid, because this will change the taste of your milk.