

# BREASTFEEDING DIET MYTHS



## YOU NEED TO EAT ONLY PLAIN FOODS

As long as your baby does not show any adverse reactions, you can continue eating the foods you like.



## YOU CANNOT HAVE CAFFEINE

You may safely have about 200mg of caffeine per day if your baby is sleeping well without irritation.



## YOU CAN MAKE BABY GASSY WITH CERTAIN FOODS

Partially true, but it is rare for a baby to develop allergy and gassiness due to a food item in the maternal diet.



## YOU MUST HAVE OATMEAL, BANANA, AND PUMPKIN TO BOOST MILK SUPPLY

This hasn't been proven, but there is no harm in including these in your diet for a nutritious meal.



## YOU CANNOT HAVE ALCOHOL

Lactating mothers can drink 12oz of beer, 6oz of wine, and 1.5oz of liquor and breastfeed after 2-3 hours of drinking.

### References:

- 1 14 myths about breastfeeding; UNICEF
- 2 5 breastfeeding diet myths; Johns Hopkins Medicine
- 3 Diet for breastfeeding mothers; Children's Hospital of Philadelphia