



# What Not To Have When Breastfeeding And Why?



## Alcohol

It hinders the let-down reflex and milk production by changing the hormones involved in milk production.

## High-mercury fish

Mercury exposure can negatively impact the development of an infant's brain and nervous system.



## Allergenic foods

If your infant has allergies to certain foods such as eggs, soy, or shellfish, then avoid consuming them.

## Caffeine

Consuming high amounts of caffeine can prevent a baby from sleeping and cause restlessness.



## Strongly flavored foods

Foods like garlic and spices can be transferred to breast milk and may change its flavor. Babies sensitive to such changes may become irritable, fussy, and refuse to breastfeed.