

Myths

And Facts About Breast Milk Taste



Myth

Consuming too much sugar can make your breast milk taste sweeter

Fact

The natural sugar content of breast milk remains independent of the quantity of sugar you eat

Myth

When mothers eat spicy food, the breast milk will taste spicy

Fact

Intense spicy flavors may impact breast milk's taste but do not make the milk itself spicy



Myth

You should wash or clean your nipples to avoid smell or taste differences in the breast milk

Fact

Washing the nipples is recommended for cleanliness. It has no effect on the breast milk's taste

Myth

Exercising will adversely affect the taste of your breast milk

Fact

No scientific evidence suggests that exercise, including intense exercises, impacts the taste of breast milk



References

1. Breastfeeding and a Mother's Diet: Myths and Facts; Le Leche League
2. Busted: 14 myths about breastfeeding; UNICEF
3. Breast Milk Is Best; John Hopkins Medicine