



Helpful Tips On Buying Cheese When Breastfeeding

Buy cheese from a reputable source or nearby farms.



Prefer buying organic cheese, if available.

Look for cheese with a "100 percent grass-fed" label if available.



Choose cheese made from pasteurized milk.

Prefer buying low-fat cheese.



Try buying different cheeses, such as blue cheese, cheddar, cream, or feta cheese.

References:

1. Healthy Eating During Pregnancy And Breastfeeding; WHO
2. MyPyramid in Action: Tips for Breastfeeding Moms; USDA