

Diet and Breastfeeding



Breastfeeding and lactating parents are encouraged to eat a healthy diverse diet emphasizing fruits and vegetables, whole grains, lean proteins and limiting added sugars, saturated fat and sodium.

Proteins can come from a variety of sources including seafood, lean meats, poultry, beans, peas, lentils, nuts, and eggs.

Choose seafood options lower in mercury, you can find more information [here](#)¹

The [USDA MyPlate](#)² food guide has many helpful resources including a MyPlate Plan, that helps to show your food group targets and calories you may need based on your individual age, size, activity level, and breastfeeding situation.

The American Academy of Pediatrics states moderate alcohol consumption by a breastfeeding mother, up to 1 standard drink per day, is not known to be harmful to the infant, especially if the mother waits at least 2 hours after a single drink before nursing or expressing milk to be fed to the infant. There is no need to pump and discard your milk in this situation.

Fussiness, jitteriness, and poor sleep patterns have been reported in infants of breastfeeding parents with very high caffeine intake. An intake limit of 300-500 mg (1-2 cups) per day is a proposed safe level on the LactMed drugs and lactation database.

Different factors determine how much fluid intake a person needs including body weight, activity level, dietary intake, etc. Urine color has been found to be an accurate marker of hydration status in lactating women. The goal is to have your urine color be light yellow. If you note your urine is dark yellow, consider increasing your fluid consumption.

A well-planned vegan or vegetarian diet with vitamin supplementation can be safe during lactation. There are risks of nutritional deficiencies such as Proteins, Vitamin D, Iron, Calcium, Iodine, Essential fatty acids and Vitamin B12, so it's important to optimize these nutrients.

¹ <https://www.fda.gov/food/consumers/advice-about-eating-fish>

² <https://www.myplate.gov/myplate-plan>

