

# BREASTFEEDING AND NUTRITION

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## EAT WHEN YOU ARE HUNGRY AND DRINK WHEN YOU ARE THIRSTY.

Eating healthy foods will give you energy and keep you in shape for taking care of your baby. But don't worry if you don't always eat ideal foods.

**Your milk contains everything needed so that baby grows well and is healthy.**

To learn more, **consult a IBCLC  
or any other breastfeeding professional.**



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Lactogenic foods (that stimulates milk production) are often good for your health so you can eat them if they are offered to you.

**However, the only proven way to increase milk production is to nurse frequently with baby's mouth strongly latched onto the breast.**

To learn more, **consult a IBCLC  
or any other breastfeeding professional.**



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**EAT WHEN YOU ARE HUNGRY AND  
DRINK WHEN YOU ARE THIRSTY.**

You can eat foods that you avoided during pregnancy (e.g. sushi, unpasteurized cheese).

**However, you should continue to limit consumption of certain foods or substances such as caffeine, energy drinks, some fish and alcohol.**



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or any other breastfeeding professional.**



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