

Healthy Eating During Breastfeeding

When you're breastfeeding, your body needs extra calories and nutrients. Try:

- ✓ eating a variety of foods every day (see [Canada's food guide](#))
- ✓ eating more if you're hungrier than usual
- ✓ drinking plenty of healthy fluids like water, lower-fat milk and unsweetened fortified soy beverage
- ✓ continuing to take a multivitamin supplement with folic acid



DID YOU KNOW

Many of the foods you may have avoided during pregnancy are no longer a safety concern after the birth. Unpasteurized cheeses, herbal teas and sushi, for example, are all fine while breastfeeding.

Some foods and beverages, though, are still best avoided while breastfeeding. These include:

- ✗ fish high in mercury
- ✗ foods and drinks high in caffeine
- ✗ alcohol

