

REMOVING FOODS FROM YOUR DIET WHILE BREASTFEEDING

Remove Foods in this Order

1. Dairy
2. Chocolate
3. Coffee or other caffeinated drinks
4. Vitamins
5. Junk food (i.e. Potato chips, French fries, candy, etc.)

How to Remove Foods from Your Diet

1. Remove foods one at a time. Start with dairy.
2. Continue breastfeeding. After 48 hours check if your baby's symptoms have decreased or stopped completely.
3. If the symptoms have either decreased or stopped, discontinue eating or drinking that particular food.
4. If your baby's symptoms **do not** decrease or go away completely after 48 hours, then remove the next food on the list, from your diet. Feel free to add dairy back to your diet!
5. Repeat steps 1 through 3.
6. If these steps do not help, consult with a lactation consultant. There may be other issues in your diet causing your baby's pain.