



Breastfeeding Foods and Things to Consider

Try to stick to long, slow cooking methods to facilitate easier digestion.

Foods to Avoid:

Remove/limit these first:

- Dairy
- Eggs
- Peanuts
- Tree nuts (almonds, walnuts)
- Fish
- Coffee or caffeine
- Chocolate
- Soy

Next try these:

- Cabbage
- Cauliflower
- Broccoli
- Onions
- Green peppers
- Turnips
- Brussels sprouts
- Cucumber
- Tomato
- Peas

Foods to Eat More of:

- Apples
- Sprouts
- Papaya
- Beets
- Celery
- Avocado
- Pears
- Teas: Chamomile, dandelion fennel, cardamom

- Corn
- Carrots
- Asparagus
- Root veggies
- Sweet potato
- Pumpkin
- Zucchini
- Mushrooms
- Meat

Recommended over-the-counter remedies:

Colic Calm, Gerber Soothe, Little Tummys, Colic Relief drops, Natren Life Start Probiotics or other infant probiotics, Gas drops

Help babies swallow less air:

- Special bottles to reduce gas – Dr. Smith's bottles
- Use a nipple with smaller hole
- Sit baby upright when feeding – including nursing in more upright position
- Frequent burping

Sooth with sound and motion:

- Walk or rock your baby
- Wear your baby using a sling or front carrier
- White noise – different frequencies (vacuum, hair dryer, radio)

Calm baby's senses:

- Bright lights & sounds can overwhelm
- Swaddle
- Infant massage
- Warm baths
- Have them suck on a pacifier (although prolonged amount can increase gas)

Getting the gas out:

- Bicycle legs while laying on their back
- Massage tummy down from neck to legs
- Tummy time
- Put gentle pressure on baby's tummy – football hold
- Try using a product called the Windi tool by Fridababy

Other considerations:

- If using formula STIR do not shake
- Do not overfeed your baby
- Take time away from baby to de-stress

When to call the office:

- No poop, bloody poop, or vomiting
- More fussy than normal and cannot calm infant
- Fever > 100.4 rectal