

## **Breastfeeding and Maternal Diet**

The following is a list of foods which may contribute to infant colic for some babies in the 24 hours after the mother eats the food. Although mothers have often been advised to avoid certain foods, there is no scientific evidence to support this recommendation. Fiber and gas created in the mother's intestine are not absorbed into the breast milk. However, some oils and spices do pass into the milk. This may cause problems from some babies. Therefore, we recommend taking a look at the foods listed and consider:

1. Is there anything on this list I eat frequently?
2. Have I noticed any association with any of these foods? (Many parents find it difficult to make a specific association.)

Then consider removal of one or more of these foods from your diet but please do not feel you must remove all of these things long term. Try avoiding the foods on the list you don't normally eat anyway and choosing one thing you eat routinely. For most foods a trial of removal for a week is enough to see if your infant's pattern of colic is improving. If you see no change try reintroducing the food and see if symptoms increase.

### **Vegetables**

Garlic

Onion

Cabbage

Turnips

Broccoli

Beans

Rhubarb

### **Fruits**

Apricots

Prunes

Melons

Peaches

Bananas

Oranges

Strawberries

### **Miscellaneous**

Chocolate

Cow's Milk

Dairy Products

Spicy Foods

Caffeine

### **What about cow's milk?**

Cow's milk protein allergy is a common cause of fussiness, acid reflux and discomfort in infants. Removing all dairy products including cow milk of any type (including Lactaid), yogurt, cheese, butter, and cream sauces for 2 - 4 weeks may be recommended by your pediatrician. It takes several weeks for the protein to fully leave your milk and your infant's body.

*Adapted from a handout prepared by Judith S. Neudifer, RN Pediatric Nurse Practitioner.*