
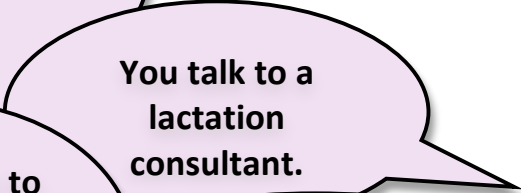




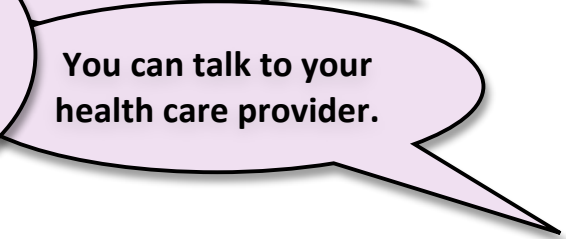
# Let's talk about... Foods, Drinks, & Medication



You can talk to  
your baby's  
health care  
provider.



You talk to a  
lactation  
consultant.



You can talk to your  
health care provider.

- You will need extra calories. Eat nutritious foods whenever you feel hungry.
- Most breastfeeding mothers can keep eating many foods without their babies having any reaction to them.
- Having a small amount of drinks that have caffeine, like coffee or tea, may be low risk to your baby. Some sodas and energy drinks that have higher levels of caffeine may be a greater risk to your baby.
- Drinking alcohol can make it harder for your breasts to release milk when your baby feeds. Excessive alcohol use while breastfeeding can cause serious health problems for your baby and decrease your milk supply.
- Quitting smoking is best. If you are having a hard time quitting, you are still encouraged to breastfeed your baby.
- Taking some medications may be very low risk to your baby and your milk supply. Other medications may be a greater risk. Talk to a lactation consultant or a health care provider to learn more.

What if I need pain medication or other medication right after my baby is born? Can I still breastfeed? Is that safe for my baby?

After my baby is born, should I keep taking my prenatal vitamins?

How many extra calories should I eat? Should I keep track? Are there foods I shouldn't eat?

How many cups of coffee can I have in the morning?

If I want to have a beer or a glass of wine, what is the right amount for me? When is the best time to have a drink?

Use the space below to write your own questions or notes:



The Nursing Mothers Counsel of Oregon serves the Portland Metro/SW Washington Area  
Portland 503-282-3338 / SW Washington 360-740-0656 / [www.nursingmotherscounsel.org](http://www.nursingmotherscounsel.org)