



Colicky Baby?? FOODS FOR MOM TO AVOID

Some moms can have fiery jalapenos every night and their babies never even notice. For other moms, a single glass of orange juice can leave a baby howling for hours with their knees drawn up. There are some babies, whose tummies are so sensitive that it doesn't matter what mom eats, the baby will be inconsolable for hours. If your baby seems to be colicky, here are some foods you might consider eliminating from diet.

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|----------------|----------------|
| * BEANS | * MILK |
| * BROCCOLI | * NUTS |
| * CABBAGE | * ONIONS |
| * CAFFEINE | * ORANGE JUICE |
| * CAULIFLOWER | * PEPPERS |
| * CHILI | * PEAS |
| * CHOCOLATE | * SOY |
| * COWS MILK | * STRAWBERRIES |
| * CITRUS FRUIT | * TOMATOES AND |
| * EGGS | TOMATO SAUCE |
| * GARLIC | |

WHAT YOU CAN EAT:

Some moms have to eliminate all of the foods listed for 3 days to see if there is any change in their baby's crying. Here's a diet that you might try for a few days.

Breakfast: Toast, or oatmeal, yogurt, melon, water, apple juice and a prenatal vitamin

Snack: Carrots, pita, crackers and cream cheese, apples or grapes

Lunch: Sandwich or salad with chicken or salmon, pasta, rice, or bread,

Snack: Pears, apples or bananas, crackers and carrots

Dinner: Any protein, like chicken, beef, pork, or fish with potatoes, rice, pasta, or polenta, carrots, zucchini, corn, salad, fruit, cookies

NOTES:

- If you're unable to have milk or dairy, be sure to get at least 1500 mg of Calcium through supplements.
- Many moms and babies tolerate yogurt, but not milk. Try re-introducing yogurt into your diet first. Then try eggs, as they are a great source of protein.
- When you're ready to eat more variety, try re-introducing one new food every 3 days.

GOOD LUCK!!!

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