

Breastfeeding a Colicky Baby

Foods for Moms to Avoid

Some moms can have fiery jalapenos every night and their babies never notice. For other moms, a single glass of orange juice can leave a baby howling for hours. Some babies have such sensitive tummies that it doesn't matter what their mom eats, they will be inconsolable for hours.

If your baby is having a lot of digestive issues, these foods have been associated with more gas and discomfort, and you may want to consider eliminating them from your diet for at least 3 - 7 days. After that, if your baby seems less colicky, then you can re-introduce these 1 at a time, but wait 3 days in between trying new foods

Reduce or Eliminate

- Beans
- Broccoli
- Cabbage
- Coffee or tea
- Anything with caffeine
- Cauliflower
- Chili
- Chocolate
- Cows milk
- Citrus fruit
- Eggs
- Fast food
- Fried foods
- Garlic
- Milk
- Nuts and nut butters
- Onions
- Orange juice
- Peppers
- Peas
- Seeds
- Soy
- Strawberries
- Tomatoes and tomato sauce

What You Can Eat

- Apples, bananas, blueberries
- Peaches, pears, nectarines
- Grapes, melon, mango, papaya
- Rice, pasta & potatoes
- Oatmeal or other cereals
- Plain bread, bagels, pita, flour tortillas
- Chicken, fish
- Tofu, tempeh
- Beef or pork with plain seasonings such as salt & pepper
- Almond, soy or coconut milk
- Carrots, zucchini, lettuce
- Avocado
- Small amounts of greek yogurt or yogurt with an active culture
- Mozzarella, swiss, cheddar or cream cheese

Here's a sample menu plan that you might try for a few days:

Breakfast	Snack	Lunch	Snack	Dinner
Toast, bagel, or oatmeal, ½ cup yogurt, melon, apple juice	Carrots, pita bread, crackers with cream cheese, apples or grapes	Sandwich on plain bread without seeds or nuts, or a salad with chicken or salmon	Pears, applesauce or bananas, cup of almond, or coconut milk, crackers and carrots	Any protein, such as chicken, beef, tofu, pork, or fish with potatoes, rice, or pasta, carrots and zucchini, a salad, fruit, cookies

NOTES:

Though it seems daunting and overwhelming, rest assured, this isn't going to last forever. Most babies feel better by 3 months and those who don't usually are over their colic by 6 months.

- If you're unable to have milk or dairy, be sure to get at least 1500 mg of calcium from calcium fortified juice, almond or coconut milk and/or supplements.
 - Talk to your pediatrician about other treatment options.
 - When you're ready to eat more variety, try re-introducing one new food every 3 days.
- Good Luck,
NurseBarb