



DIET ELIMINATION PLAN

FOR BREASTFEEDING MOTHERS

This plan helps identify food sensitivities in breastfeeding mothers and their infants. Designed as a two-phase elimination followed by careful reintroduction.

PHASE 1: Eliminate Group 1 Foods Days 1-10

Avoid: Dairy, eggs, soy. - READ EVERYTHING, Soy is hidden in many foods.


Foods you can eat: Add healthy fats (e.g., olive oil, avocado).


- **Protein Options:** Chicken, turkey, beef, pork, lentils, beans, chickpeas, nuts.
- **Carb Options:** Grains like rice, quinoa, millet, pasta, dairy free/soy free bread.
- **Vegetables/Fruits:** Fresh, frozen, or canned, variety for balanced nutrients.

Monitor any changes in symptoms - decrease in spilling, mucous in stools, improvement in skin and comfort.

PHASE 2: REINTRODUCTION PLAN Starting Day 11

- **Step 1:** Reintroduce one food at a time. Consume a small amount initially and increase gradually over 1-2 days
- **Step 2:** Monitor both mother and baby for any reactions (digestive issues, fussiness, skin reactions).

REACTION  Eliminate the food again for another 10 days, waiting until all symptoms resolve before introducing another food.

NO REACTION  Continue eating the reintroduced food regularly.

After 3-5 days, introduce the next food and repeat the same process.

PHASE 3: Eliminate Group 2 Foods

Avoid: Nuts, gluten, fish (while continuing to avoid Group 1 foods if a problem).

Foods you can eat: All foods from Group 1 *if no symptoms occurred*. And healthy fats apart from nut oils.

- **Protein/Fats:** Stick to safe whole un-processed protein sources (poultry, beef, pork, lentils).
- **Carb options:** Gluten-free grains like rice, quinoa, millet, Gluten free bread
- **Vegetables/Fruits:** Fresh, frozen, or canned, variety for balanced nutrients.

If symptoms resolve, prepare for reintroduction following PHASE 2 directions.

Note: Once a potential intolerance is identified, keep that food in your diet in amounts that they can tolerate to help the baby increase their ability to process the proteins while benefiting from the protective factors of breastmilk.

Produced by Janet McGuinness for the Gisborne Lactation Consultant Service. 2025 www.breastfeedingeastcoast.nz

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