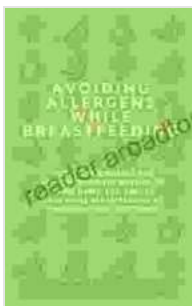


Guidance For Women Who Are Avoiding Dairy Soy And Or Eggs While Breastfeeding

Breastfeeding is a wonderful way to bond with your baby and provide them with the best possible nutrition. However, if you are avoiding dairy, soy, or eggs, you may be wondering how you can continue to breastfeed while meeting your own nutritional needs.

This guide will provide you with the information you need to breastfeed successfully while avoiding these common allergens. You will learn about the potential risks of dairy, soy, and eggs, as well as how to identify and avoid them in your diet.



Avoiding allergens while breastfeeding: Guidance for women who are avoiding dairy, soy, and/or eggs while breastfeeding from two registered dietitians

★★★★★ 5 out of 5

Language : English
File size : 6092 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 62 pages
Lending : Enabled



You will also find a variety of recipes for dairy-free, soy-free, and egg-free meals and snacks that are both nutritious and delicious. And finally, you will

get the support and encouragement you need from other women who are breastfeeding while avoiding these allergens.

The Potential Risks of Dairy, Soy, and Eggs

Dairy, soy, and eggs are all common allergens that can trigger a variety of symptoms in babies, including:

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Colic

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Diarrhea

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Vomiting

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Rashes

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Eczema

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Respiratory problems

In severe cases, dairy, soy, or egg allergies can even be life-threatening.

If you are breastfeeding a baby who is showing symptoms of an allergy, it is important to see a doctor right away. They can help you determine if your baby is allergic to dairy, soy, or eggs and recommend the best course of treatment.

How to Identify and Avoid Dairy, Soy, and Eggs in Your Diet

If you are avoiding dairy, soy, or eggs, it is important to be vigilant about reading food labels and asking questions when you eat out.

Here are some tips for avoiding dairy, soy, and eggs in your diet:

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Read food labels carefully. Look for the words "dairy," "soy," and "egg" in the ingredient list. Even small amounts of these allergens can trigger a reaction in some people.

*

Be aware of hidden sources of dairy, soy, and eggs. These allergens can be found in a variety of foods, including processed foods, baked goods, and sauces.

*

Ask questions when you eat out. Talk to your server about the ingredients in the dishes you are eating. Make sure to ask about hidden sources of dairy, soy, and eggs.

Avoiding dairy, soy, and eggs can be challenging, but it is possible. By following these tips, you can reduce your exposure to these allergens and protect your baby from potential harm.

Recipes for Dairy-Free, Soy-Free, and Egg-Free Meals and Snacks

Eating a dairy-free, soy-free, and egg-free diet can be challenging, but it is possible to find delicious and nutritious foods that meet your needs.

Here are a few recipes to get you started:

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Dairy-Free, Soy-Free, and Egg-Free Oatmeal

- Ingredients:
 - 1 cup rolled oats
 - 2 cups water or unsweetened nut milk
 - 1/2 teaspoon cinnamon
 - 1/4 teaspoon nutmeg
 - Optional: 1 tablespoon chopped nuts or seeds
- Instructions:
 - Combine oats, water or nut milk, cinnamon, and nutmeg in a small saucepan.
 - Bring to a boil over medium heat.

- Reduce heat to low and simmer for 5 minutes, or until oats are cooked through.
- Remove from heat and stir in nuts or seeds, if desired.

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Dairy-Free, Soy-Free, and Egg-Free Smoothie

- Ingredients:
 - 1 cup unsweetened almond milk
 - 1/2 cup frozen banana
 - 1/2 cup frozen berries
 - 1 tablespoon almond butter
 - 1 teaspoon chia seeds
 - Optional: 1/4 teaspoon vanilla extract
- Instructions:
 - Combine all ingredients in a blender and blend until smooth.
 - Enjoy!

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Dairy-Free, Soy-Free, and Egg-Free Chicken Stir-Fry

- Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1/2 cup broccoli florets
- 1/2 cup cauliflower florets
- 1/4 cup soy sauce (tamari)
- 1 tablespoon honey
- 1 teaspoon sesame oil
- Optional: 1/4 teaspoon ground black pepper
- Instructions:
 - Heat olive oil in a large skillet over medium heat.
 - Add chicken and cook until browned on all sides.
 - Add onion, green bell pepper, and red bell pepper and cook until softened.
 - Add broccoli and cauliflower and cook until tender.
 - In a small bowl, whisk together soy sauce, honey, sesame oil, and black pepper.
 - Add sauce to skillet and cook until heated through.

- Serve over rice or noodles.

These are just a few recipes to get you started. There are many other delicious and nutritious dairy-free, soy-free, and egg-free foods that you can enjoy.

Support for Women Who Are Breastfeeding While Avoiding Dairy, Soy, or Eggs

Breastfeeding while avoiding dairy, soy, or eggs can be challenging, but you are not alone. There are many other women who are doing the same thing.

There are a number of support groups available for women who are breastfeeding while avoiding these allergens. These groups can provide you with information, support, and encouragement from other women who are going through the same thing.

Here are a few resources that can help you find support:

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The Dairy-Free, Soy-Free, and Egg-Free Breastfeeding Support Group on Facebook

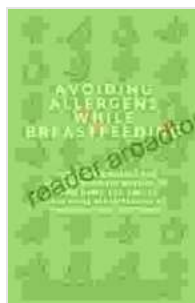
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The International Food Allergy Network

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The American Academy of Pediatrics

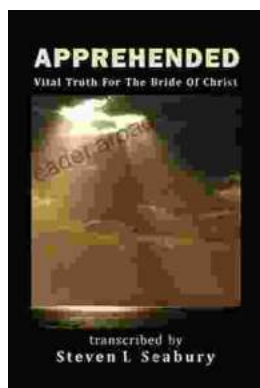
Breastfeeding while avoiding dairy, soy, or eggs is possible with the right support and information. By following the tips in this guide, you can protect your baby from potential harm and continue to breastfeed for as long as you want.



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