



Fussy Foods

Your baby's colic could be due to something in your diet that is passing through your breast milk. Oftentimes, baby's food intolerance is dose related. Perhaps you can drink a small amount, such as one glass of milk a day, without it bothering baby, yet two or three glasses are more than baby can comfortably tolerate. You can eliminate all potential offending foods at once or just a few at a time, depending on how severe the colic is. Be patient, it sometimes takes a week or two for the offending food to get out of your system. Dairy products are the most common offender.

Here's a list of foods that may be the culprit!

- Caffeine (*coffee, tea, soda*)
- Chicken
- Chocolate (*Sorry!*)
- Citrus Fruits
- Corn
- Dairy Products
- Egg Whites
- Gassy Vegetables (*Broccoli, Cauliflower, Cabbage, Onions, Green Peppers*)
- Beef
- Nuts
- Peanuts & Peanut butter
- Shellfish
- Soy Products
- Tomatoes
- Wheat