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Detox, Lose Weight, Optimize A Baby's IQ, And Reduce Colic And  
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**By Hilary Jacobson**

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The lactation team at CHOP offers some tips to help you plan your diet, including what to eat, Diet for Breastfeeding Mothers. More

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**Breastfeeding Diet - 10 Best Foods For New Moms -**

Confused about breastfeeding nutrition? What foods you should & not include in your breastfeeding diet? Here we offer few important tips and considerations.

**Recommended Reading | Kids Clinic -**

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