

# Breastfeeding Newsletter

March-Issue #4

Welcome to our quarterly newsletter!

Breastfeeding offers babies a healthy beginning in life, providing your baby with added nutrition and antibodies. Breastfeeding may reduce the risks of breast and ovarian cancer.

## Meet our Breastfeeding Peer Counselors!



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Questions about  
breastfeeding?  
Call us!  
WIC participation is  
not necessary.

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our quarterly newsletters!



# Veggie & Bean Soup With WIC Approved Ingredients:



## Ingredients:

- 2 medium carrots
- 1 small onion
- 2 medium garlic cloves
- 2 medium celery stalks
- 1 large tomato
- 1 medium yellow squash
- 1-15 1/2 ounce can red kidney beans
- 1 tbsp canola oil
- 1 tsp dried basil or oregano
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2-14 1/2 ounce cans of low-sodium chicken or beef broth
- 1 cup frozen green sweet peas
- 1 cup whole wheat pasta such as wagon wheels, macaroni, or penne.

Optional: Adding parsley, ground beef, or shredded chicken.

## Instructions

- Peel carrots, onion, and garlic cloves.
- Rinse carrots, onion, celery, tomato, and squash.
- Dice onion, celery, and tomato. Mince garlic.
- Cut carrots and squash in half lengthwise. Place the flat side down. Cut into thin, half-moon slices.
- If using, rinse parsley. Pluck leaves from stems. Mince.
- In a colander, drain and rinse beans.
- Heat oil in a large pot over medium heat. Add carrots, onion, garlic, and celery. Cook until slightly soft.
- Add dried herbs, salt, and pepper. Stir.
- Add broth, water, tomatoes, squash, beans, and peas.
- Bring to a boil over high heat.
- Add pasta. Reduce heat and simmer. Cook until pasta is tender, about 8–12 minutes.
- If using parsley, stir into soup before serving.

**Myth:** If a mother is taking medication, she has to pause breastfeeding.

**Fact:** This is often inaccurate; while some medications may require a pause in breastfeeding, most can be taken with proper healthcare consultation. Most medications pass into breastmilk in small amounts unlikely to harm the baby.

**Always consult a doctor before taking new medications while breastfeeding.**

## Medication Safety

Winter illness season brings respiratory issues like colds and flu. Raising concerns for breastfeeding mothers about safe medications. **It's crucial to consult your doctor before starting any new treatments.** Here's a list of natural remedies that can be used alone or in conjunction with medication:

- Prioritize rest
- Stay hydrated
- Hot baths
- Use a humidifier
- Increase your vitamin C intake through foods, juices, or supplements.
- Echinacea is typically considered safe for nursing mothers.
- Incorporate garlic into your diet, whether raw, cooked, or as a supplement.
- Osteopathic Manipulative Treatment (OMT) is a gentle technique that can boost the immune system and promote fluid drainage from the head and neck, decreasing the risk of bacterial and viral growth. This method has been shown to reduce fluid buildup in the ears and is effective for various upper respiratory infections. **Click here** to find an OMT doctor near you.

For more information on this topic visit: **[Cold and Allergy Remedies Compatible with Breastfeeding](#)**  
**[Medication Safety Tips for Breastfeeding Parents](#)**

## Changes in Milk Color

**Breast milk can change color due to dietary factors, hydration, or the baby's needs, factors that can change breast milk color include:**

1. **Lactose and Hydration:** Hindmilk is thicker, creamy, and higher in fat, appearing yellowish.
2. **Dietary Influences:** Bright Yellow/Orange: Foods high in beta-carotene (e.g., carrots) can tint milk.

- **Green:** Leafy greens or food dyes may cause a greenish hue.
- **Pink/Reddish:** Consuming beets or certain drinks can lead to pink milk.

### 3. Blood in Breast Milk:

- **Pink/Reddish/Brown:** Blood from issues like cracked nipples or mastitis can tint milk; it is usually harmless.
- **Black:** Medications may darken milk but this is rarely seen.

### 4. Illness or Infection:

- **Greenish/Yellowish:** Infections can cause pus or blood to mix into milk; medical advice is recommended if accompanied by other symptoms such as pain and/or fever.

### 5. Storage and Oxidation:

- **Blue/Gray:** Refrigeration may give a bluish tint, which is normal.
- **Brown/Rust-Colored:** Prolonged storage can lead to oxidation and discoloration. The CDC recommends storing breast milk in the refrigerator for up to 4 days. Can be stored in the freezer for up to 12 months. For more information on breastmilk storage [click here](#).

**Safety for Baby:** Most color changes are harmless, but persistent blood or signs of infection should prompt a consultation with a healthcare provider.

## Helpful resources:

[InfantRisk Center](#): 1-806-352-2519 (9am-5pm)

National Breastfeeding Hotline

1-800-994-9662 (English and Spanish)

**For breastfeeding resources visit:**

<https://linktr.ee/BHSJCHA>

## We want to hear from you!

[Click here to submit a question or topic to be answered in the next edition](#)