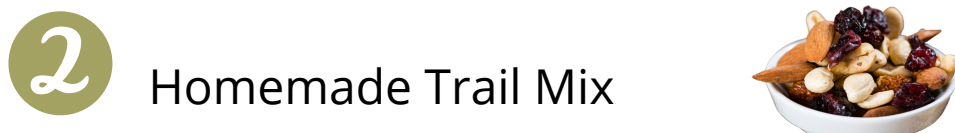


# the Lactation Dietitian

*Have you cut dairy and soy from your diet? Are you experiencing intense hunger or cravings, and not sure what to eat? Here are six dairy and soy free snack ideas to keep you nourished & satisfied while breastfeeding on an elimination diet. Remember that products can change, so please check all labels!*



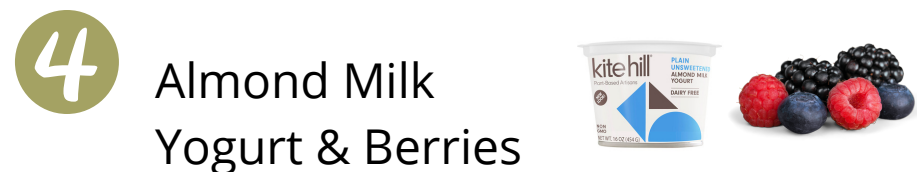
Eggs are nutritional powerhouse that contain important nutrients while breastfeeding. Pairing them with a piece of fruit provides a balance of carbohydrate, fiber, fat and protein.



Homemade trail mix is a great snack option that can be changed up depending on your mood! Try different nuts and seeds. Mix in dried fruits and dark chocolate.



Hummus provides a nice mix of protein, fat and fiber, which can help provide satiety. Pair with some cut raw veggies for additional nutrients!



Almond milk yogurt provides some protein and healthy fats along with probiotics. Pairing it with berries provides antioxidants which help fight inflammation!



Fish provides a critical fatty acid, DHA, to your diet and baby's. Additionally, it's a great source of protein. Add some crackers for carbs and a nice crunch!



Nut butters provide a nice mix of protein and fat which help to hold off hunger. Pair it with an apple for some fiber and carbohydrates to balance off the snack!

*Need more ideas? When you work with me, you'll receive personalized recommendations that fit the exact nutritional needs of you and your baby! Take the guess work out of what's safe to eat!*

*Ready for personalized support from a professional? Yes? Great! Did you know it may be free? Check to see if you qualify [here!](#)*