

# Helpful Tips For Eating Eggs When Breastfeeding



Cook eggs until firm,  
and avoid  
consuming raw ones

Do not eat anything  
with raw or  
undercooked eggs



Cook scrambled  
eggs properly to avoid  
runny texture

Avoid half-fried  
eggs if they  
cause indigestion



160°F



Cook items containing  
eggs at a temperature  
of at least 160°F

Do not leave  
cooked eggs for more  
than two hours



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Source: [https://www.momjunction.com/articles/is-it-safe-to-eat-eggs-while-breastfeeding\\_00353265/](https://www.momjunction.com/articles/is-it-safe-to-eat-eggs-while-breastfeeding_00353265/)