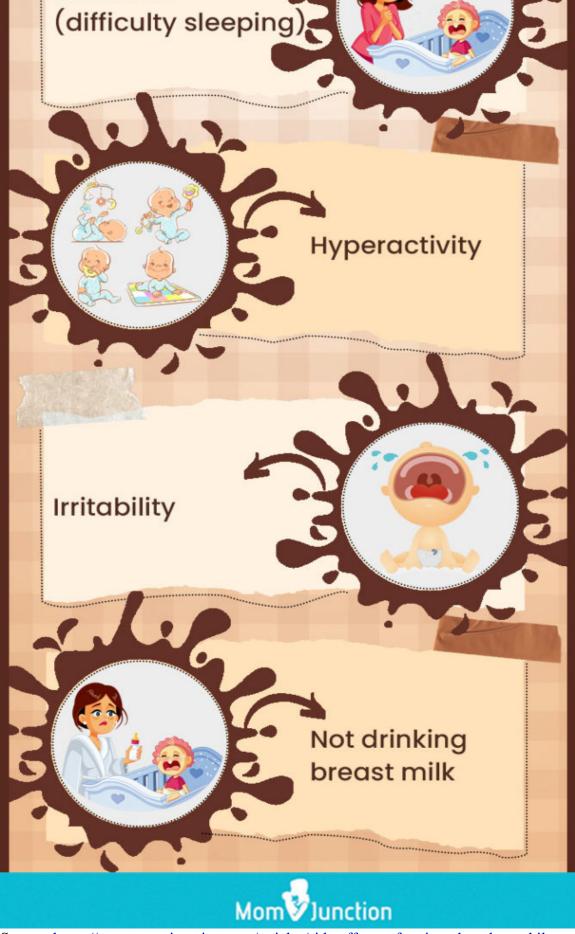


 Most likely, the caffeine and sugar content of chocolate can be harmful to babies. So, stop eating chocolate if you see any of these symptoms in your baby.

Restlessness

Skin rashes

Insomnia



Source: <u>https://www.momjunction.com/articles/side-effects-of-eating-chocolate-while-</u> breastfeeding_00353153/