

Some Helpful Tips...

- Lactogenic foods can help milk production when you are also nursing or pumping often.
- Feed baby 8-12 times per day according to cues. The more frequently milk is taken out, the more milk will be produced.
- Allow baby to nurse more often during growth spurts.
- Drink to thirst, don't force liquids.
- You don't need to drink milk to make milk.
- Avoid bottles and supplements unless directed by physician or lactation consultant.
- Call if you are still concerned and need more help.

References

- *Mother Food: A Breastfeeding Diet Guide with Lactogenic Foods and Herbs.* Hilary Jacobson, 2007.
- *Cooking for Pregnant and Lactating Women.* Kanchan G. Kabra, 2008, India.
- *The Breastfeeding Mother's Guide to Making More Milk.* Diana West and Lisa Marasco, 2009.
- mobimotherhood.org/MM/portal-Nutrition.aspx



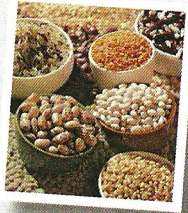
**Foods That
MAY HELP
Your Milk Supply**



Foods That Promote Good Milk Production

Grains:

- Amaranth
- Barley/Barley Malt♥
- Brown Rice♥
- Buckwheat
- Cornmeal
- Millet♥
- Oats♥/Whole Oatmeal♥
- Quinoa



Legumes:

- Chickpeas
- Kidney, Black, or White Beans
- Lentils
- Mungbeans
- Peas

Nuts & Seeds:

- Almonds♥
- Cashews
- Flaxseeds
- Macadamia Nuts
- Pumpkin Seeds
- Sesame Seeds♥
- Sunflower Seeds



Vegetables:

- Asparagus
- Beets♥
- Carrots♥
- Dark Leafy Greens♥
- Malunggay Leaves (drumstick♥)
- Sweet Potatoes

Fruits:

- Apricots♥
- Dates♥
- Figs♥
- Green Papaya (cooked)♥
- Nectarines
- Peaches
- Plums
- Sweet Cherries



♥ = Most Helpful

Healthy Fats:

- Butter (limited)
- Coconut Oil
- Flaxseed Oil
- Olive Oil
- Sesame Seed Oil



Herbs that may help increase milk supply...

- Alfalfa
- Anise★
- Basil
- Black Seed/ Black Cumin★
- Caraway★
- Coriander★
- Dandelion★
- Dill★
- Fennel★
- Fenugreek★



★ = Use spices when cooking, or drinking as tea using 1-2 tsp crushed seed per 1c boiling water, covered and steeped 10 minutes.

Avoid large amounts of...

- Parsley
- Peppermint
- Rosemary
- Sage
- Thyme

Meal Planning Tips...

- ☐ Eat at least ½ cup of cooked greens or 1 cup of raw greens daily.
- ☐ Eat at least ¾ cup of whole grains daily.
- ☐ Spice moderately with lactogenic spices.
- ☐ Try drinks like atole (oats or cornmeal simmered with milk), barley water, roasted barley coffee substitute (Pero, Kaffree Roma, Dandy Blend) or a green drink containing chlorophyll, algae, and/or spirulina.
- ☐ Soups made with barley or whole grains, chicken with bones, seaweed, malunggay or torbangun leaves.
- ☐ Try making "Lactation cookies" using whole wheat flour, oatmeal, brewer's yeast and flaxseed (recipes on internet).

