

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.
- *The Galactagogue Recipe Book.* Dr. Frank Nice, 2014.
- www.mobimotherhood.org/lactogenic-foods-and-herbs.html



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 (moringa)
- 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 drink 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, Kafree Roma, Dandy Blend).
- Try green drinks containing chlorophyll, mauiine algae, and/or spirulina.
- Soups made with barley, quinoa 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).

