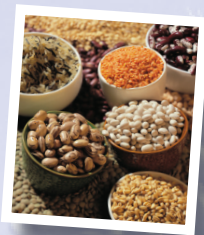


# Foods That Promote Good Milk Production

## 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, Kaffree 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).

