

Some Helpful Tips...

- Lactogenic foods may help milk production when you are also nursing or pumping often.
- Feed baby 10+ times per day according to cues. The more frequently milk is taken out, the more milk will be produced.
- Use breast compression while nursing or pumping to increase flow.
- 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 your local WIC office or Lactation Consultant if you are still concerned and need more help.

References

- *Making More Milk: The Breastfeeding Guide to Increasing Your Milk Supply (2nd edition)*. Diana West and Lisa Marasco, 2019.
- *Cooking for Pregnant and Lactating Women*. Kanchan G. Kabra, 2008, India.
- *Mother Food: A Breastfeeding Diet Guide with Lactogenic Foods and Herbs*. Hilary Jacobson, 2015.
- www.mobimotherhood.org/lactogenic-foods-and-herbs.html



Foods That MAY HELP Your Milk Supply



Adapted from 2013 Lisa Marasco, MA, IBCLC, FILCA
Breastfeeding Coalition of Solano County



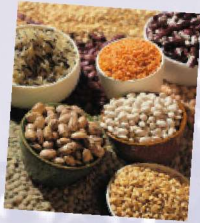
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Foods That Promote Good Milk Production

Grains:

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



Legumes:

- Chickpeas
- Kidney, black, or white beans
- Lentils
- Mung beans
- Peas

Nuts & Seeds:

- Almonds♥
- Cashews
- Chia Seeds
- Fenugreek Seeds
- Flaxseeds
- Hemp Seeds
- Macadamia nuts
- Pumpkin Seeds
- Sesame Seeds♥
- Sunflower Seeds



Vegetables:

- Avocado
- Asparagus
- Beets♥
- Carrots♥
- Dark Leafy Greens♥
- Fennel
- Malunggay Leaves (Moringa)♥
- Sweet Potatoes/Yams

♥ = Most Helpful

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



Nutritional:

- Brewer's/Nutritional Yeast

Spices and Herbs that may help increase milk supply...

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

★ = 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
- Sage
- Rosemary
- Thyme
- Peppermint

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).

