

BEST FOODS TO INCREASE BREAST MILK PRODUCTION

1. Oatmeal:



Oats are easy to prepare as a meal.

- They are considered to control the occurrence of diabetes during post pregnancy.
- Oatmeal is loaded with energy.
- It contains fiber and is good for your digestion.
- Have a bowl of oat meal for breakfast. If the thought of having oatmeal is not appetizing, you can try having oat cookies instead.

2. Grapefruit

Grapefruit, in some parts of the world, is considered a mega fruit. It is rich in Vitamin C and Vitamin A, citric acid, fructose and essential dietary fibres. This fruit is considered to be one of the most healthy additions anyone can make to their diet, especially a nursing mother looking to improve lactation.



3. Watermelon



Watermelon is rich in fructose, fibre, and of course, water. It keeps you hydrated, infuses your body with essential minerals and helps maintain or increase your breast milk supply. Staying hydrated by drinking water and consuming foods with rich water content, like watermelon, can help mothers struggling with lactation problems.

4. Tofu

Tofu is a super food packed with minerals, vitamins, calcium, and a lot of protein. It is commonly used in East Asia to help increase lactation. Making a stir-fry with tofu, lentils, and green leafy veggies will ensure you have a balanced and lactation-friendly diet that will also keep you extremely fit and healthy.



5. Fennel Seeds:

Fennel seeds boost the quantity of your breast milk.



- They are digestives and help control baby-colic.
- Fennel seeds can be added along with seasonings to vegetable fillings. Add them to your tea or boil a few seeds with milk and drink up.
- Pop in a few seeds after a meal as a mouth refresher.

6. Fenugreek Seeds:

Fenugreek seeds are known for boosting breast milk supply.



- Chew on the sprouted seeds along with a glass of milk to prevent post-delivery constipation.
- It enhances your milk quantity.
- Toss in the seeds with seasoning and flavoring.
- Have them for breakfast as a pancake by mixing fenugreek seeds and rice.

7. Unripe Papayas:



Unripe Papayas are part of the South Asian cuisine.

- Papaya has been used as a natural sedative, which will help you to relax and feed baby better.
- You can ingest unripe papaya by grating it into salads. Unripe papaya is considered to be a great galactagogue.

8. Spinach and Beet Leaves:

Spinach and beet leaves contain iron, calcium and folic acid.



- These are essential for recouping anemic mothers.
- These will help in making your baby strong.
- Spinach and beet leaves contain detoxifying agents.
- Spinach contains certain plant chemicals which could help prevent breast cancer.
- Include these leaves in a midday soup.
- Remember to eat spinach in moderation as too much could cause diarrhea in your baby.

9. Garlic:

Garlic is considered the best food to increase breast milk, as it is well-known for boosting lactation in nursing mothers.



- It has chemical compounds which help in lactation.
- Garlic consumption prevents all types of cancer.
- Toss in a few stir-fried garlic cloves in your soup.
- Add it in a vegetable of your choice.
- Another option is to stir fry a handful of garlic cloves in ghee and have it with steamed rice, every alternate day.

10. Carrots:

A glass of carrot juice with breakfast or lunch will work wonders in lactation.



- Like spinach, carrots too have lactation promoting qualities.
- It contains Vitamin A which complements lactation and boosts the quality of your milk.
- You can have carrots as raw, steamed or even pureed to a soup.
- In winters, try having pureed carrots stirred with warm milk and sugar.

11. Water and Juices:

Drinking water and juices is supposed to boost lactation. It increases the total milk volume per feed.



- It prevents you from dehydration and replaces fluid lost during lactation.
- Have a glass of water when you are thirsty or even before you begin to nurse your baby.

12. Barley:

Barley not only boosts lactation, it also keeps you hydrated.



- You can boil barley and have the water through the day.
- Toss in whole barley with other vegetables with your favorite flavouring.

13. Brown Rice:

According to the research paper Increase Breast Milk Supply with Herbal Galactagogues published in the World Journal of Pharmaceutical and Life Sciences, brown rice enhances breast milk production. It has hormone stimulants which boost lactation. It also gives nursing moms the extra energy that is required post-delivery. Also, it helps increase the appetite so as to enable the mother to eat nutritious food.



- Soak brown rice for half an hour and pressure cook it. Eat it with vegetables.

14. Apricots:



During and post pregnancy, there are hormonal imbalance that takes place in your body. Dried apricots have certain chemicals which balance out the hormone levels in your body.

- Apricots are rich in calcium and fibre and help boost lactation.
- Include apricots and walnuts in your oatmeal diet.

15. Salmon:

Salmon is a great source of EFA (Essential Fatty acids) and Omega-3.



- Both EFA and Omega-3 are highly nutritious and essential for lactating mothers.
- Including salmon in your menu boosts lactation hormones and make your milk more nutritious.
- Opt for steamed, boiled or even grilled salmon.

16. Basil Leaves:

Basil leaves are a great source of anti-oxidants.



- Basil leaves have a calming effect which is important while lactating.
- It boosts your little one's immunity levels.
- Add a few basil sprigs in your tea.
- Leave the sprigs for a while in hot water. Have this water first thing in the morning and experience the effect.

17. Sweet Potato:

Sweet potato is a major source of potassium. It has energy producing carbohydrate which is needed to fight the fatigue.



- It also contains Vitamin C and B-complex and a muscle relaxant mineral that is magnesium.
- Have it with a low fibre diet.
- Make a smoothie of an apple and baked sweet potato.
- Make it as a pudding for dessert.

18. Almonds:

Almonds are rich in Omega-3 and Vitamin E.

- Vitamin E helps heal itching caused by post pregnancy stretch marks.
- Omega-3 helps lactation boosting hormones to help produce more milk.
- Have crushed almonds with milk for greater effect.
- Add almonds to your bowl of oat meal.



19. Drumstick or moringa:

Drumstick has high iron and calcium content.

- It is good for lactation.
- It boosts immunity and enhances your nervous system.
- Have it steamed with flavouring if you want.
- Drumstick leaves (moringa) also can be used along with vegetable fillings.



20. Cow Milk:

Cow milk has calcium and EFA. It promotes lactation. In fact, by consuming cow milk during lactation, you will help your child avoid developing an allergy to cow milk.

- Add at least two to three glasses of cow milk in your diet.



21. Oils and Fats:

It is recommended to keep fats and oils in your diet to a minimum, post pregnancy.

- Do not avoid fat and oil in your post-delivery diet.
- These are an essential part of lactation. They assist in absorption of vitamins and minerals present in other foods you eat.
- They also aid in easy bowel movement.
- Opt for olive oil, rice bran oil or any heart healthy oil.
- These help in balancing the supply of healthy fat to your baby.
- Other herbs leaves, and roots have been found helpful in increasing your milk supply:
- Anise seed, moringa leaves, shatavari root, goat's rue, and torbangun leaves. All the above foods have been traditionally used to improve milk flow in new moms. However, while some have scientific backing the others don't. Consume the foods in limited quantities, and note the side-effects, if any. Also, go for organic products as the pesticide residue in the foods and herbs can increase the lead content in your milk.

Now you know what to eat during lactation, but there are also foods that you should not eat around this time.