

Essential Food Tips and Breastfeeding Advice



Breastfeeding provides vital nourishment for babies and offers numerous health benefits for mothers. However, maintaining a balanced and nutritious diet is essential to support the body's milk production and ensure both mother and baby are receiving the necessary nutrients. This guide offers dietary advice for breastfeeding mothers, focusing on foods that can enhance milk supply and promote overall well-being.

In addition, this guide highlights certain herbs and foods that may have a negative impact on milk production. By following these recommendations, breastfeeding mothers can support their health and maximize the benefits of breastfeeding for their baby.

Foods That May Increase Milk Supply:

- 1. Oatmeal:** Increases milk supply by boosting oxytocin hormone levels.
- 2. Barley:** Promotes breast milk supply by increasing serum prolactin levels.
- 3. Apricots:** Elevates prolactin hormone levels to enhance breast milk supply.
- 4. Carrots:** The phytoestrogens in carrots may contribute to their lactogenic effects.
- 5. Fenugreek:** Traditionally used to boost milk production.
- 6. Fennel:** Contains phytoestrogens that may help increase milk supply.
- 7. Cumin Seeds:** Commonly used to support lactation.
- 8. Green Leafy Vegetables (e.g., kale, spinach):** Rich in iron and beneficial for overall health and lactation.
- 9. Salmon:** Improves breast milk supply and enhances its nutritional composition.
- 10. Chickpeas:** Contains phytoestrogens that are believed to support lactation.



11. Sesame Seeds: Promotes prolactin secretion and may improve milk supply.

12. Almonds: Potentially supports breast milk production due to estrogenic properties.

13. Flaxseeds: Contains phytoestrogens that may increase breast milk supply.

14. Ginger: Known for its lactogenic properties.

15. Pumpkin Seeds: A nutritious option that may support milk production.

16. Turmeric: Traditionally used for its anti-inflammatory properties and potential lactogenic benefits.

17. Dates: May increase prolactin levels and enhance breast milk production.

Herbs That May Decrease Milk Supply:

1. Peppermint
2. Parsley
3. Sage

Certain herbs may reduce milk supply. For example, consuming large amounts of parsley could inhibit lactation, and excessive intake of sage and peppermint may decrease milk production. These herbs contain compounds that can have a drying effect on the body, including the mammary glands, and may interfere with prolactin production, leading to a reduction in milk supply.

