Information for breastfeeding military mothers

**FOODS & GALACTAGOGUES TO SUPPORT BREASTFEEDING**

Along with breastfeeding or pumping often throughout the day and night, a diet rich in healthy foods is key to maintaining a good milk supply. If you find you are struggling maintain your supply, and increased breastfeeding and/or pumping sessions haven’t worked, you might include some of the following foods and/or galactagogues into your diet. Be sure to also consult with a LLL Leader or IBCLC to determine why your supply is decreasing.

### Meats (Proteins)
- Beef
- Lamb
- Deer
- Duck
- Chicken
- Turkey
- Eggs

### Seafood
- Farmed Catfish
- Farmed Trout
- Summer Flounder & Catfish
- Wild Pacific Salmon
- Haddock
- Mid-Atlantic Crab

### Sea Vegetables (Seaweed)
- Wakame
- Kelp
- Irish Moss
- Agar
- Spirulina

### Vegetables
- Corn
- Garlic
- Basil
- Chives
- Fennel
- Carrots
- Onion
- Lettuce
- Potatoes
- Beets
- Asparagus
- Spinach
- Chicory
- Sweet Potato
- Fenugreek
- Mulunggay leaves
- Torbangun leaves

### Fruits
- Figs (fresh or dried)
- Dates (dried)
- Apricots (fresh and dried)
- Mango
- Papaya
- Green Papaya (unripe) – should be steamed or prepared in soup
- Sweet Cherries
- Peaches

Green leafy vegetables: romaine, red/green/butter lettuce, endive, arugula, baby spinach, dandelion greens, collard greens, kale, mustard greens, turnip greens, swiss chard, watercress
### Grains and Legumes
- Chickpeas *(canned or dry)*
- Green Beans *(fresh or frozen)*
- Peas *(fresh or frozen)*
- Kidney Beans *(canned or dry)*
- Navy Beans
- Pinto Beans
- Lima Beans *(canned or dry)*
- Black Beans *(canned or dry)*
- Lentils *(canned or dry)*
- Oats *(whole grain or flakes)*

- Wheat
- Rye
- Barley *(whole, pearled or flakes)*

### Nuts and Seeds
- Almonds
- Cashews
- Pecans
- Macadamia
- Sunflower Seeds
- Pumpkin Seeds
- Fenugreek Seeds
- Flaxseed – *(Crushed and added to breakfast cereal)*
- Sesame Seeds – *(Needs to be crushed, boiled or roasted)*

### Oils (Fats)
- Extra Virgin Olive Oil *(cold pressed)*
- Sesame Seed Oil *(cold pressed, keep refrigerated)*
- Coconut Oil *(cold pressed)*
- Walnut Oil *(cold pressed, keep refrigerated)*
- Flaxseed Oil *(cold pressed)*
- Sunflower, Safflower and other Vegetable Oils *(use only cold-pressed)*
- Butter

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### Foods and herbs to AVOID which can DECREASE your milk supply:

<table>
<thead>
<tr>
<th>Cabbage</th>
<th>Sage</th>
<th>Thyme</th>
<th>Parsley</th>
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<tbody>
<tr>
<td>Peppermint</td>
<td>Spearmint</td>
<td>Lemon Balm</td>
<td>Rosemary</td>
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Cilantro

**PERSONAL USE ONLY**
GALACTAGOGUES


**More Milk** – by Motherlove does not contain fenugreek for those who may be sensitive to its potential side effects (usually gastric upset that may occur in either mother or baby). *Not for use during pregnancy.*

**More Milk Two** – by Motherlove contains raspberry leaf, nettle and alfalfa - specially formulated to safely increase the breast milk supply of pregnant breastfeeding mothers. Alcohol-free. *Safe for use during pregnancy.*

**Lactation** - by The Herbal Pharmacy contains alfalfa, blessed thistle, fennel, fenugreek, and squawvine.

**Lactation Support** - by Gaia contains fenugreek, fennel, blessed thistle, red raspberry leaf, and marshmallow root.

**Goat’s Rue** helps increase breast milk by stimulating the development of mammary tissue. Available in a grain alcohol and as a liquid extract concentrate in vegetarian capsules. Discuss product use with a healthcare professional before using during pregnancy.

**Shatavari** is an herbal extract that helps to balance the female hormonal system. Known for its phytoestrogen properties, this herb can help with a variety of issues including menopause, increased fertility and breast milk production.

**Malunggay** is known as the “miracle tree”, this single herb extract is widely recognized for its nutritional benefits. It has been used for generations by breastfeeding women to help increase breast milk supply.

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