

## 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

### **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

### **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  
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*)

Malt (*spouted, dried and fermented barley*)

Malt syrup or powder

Brown and White Rice – \*Gluten-free

Buckwheat – \*Gluten-free

Quinoa – \*Gluten-free

Amaranth – \*Gluten-free

Millet – \*Gluten-free

Corn Meal (*course and fine*) – \*Gluten-free

Granola: Containing coconut flakes, sesame seed, flaxseed, almond, and dried fruit

Cereals – Malt-O-Meal, Oat Meal, Muesli

Hummus: Contains chickpeas, tahini, garlic, lemon juice and olive oil (or flaxseed oil).

### **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

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

Cabbage

Sage

Thyme

Parsley

Peppermint

Spearmint

Lemon Balm

Rosemary

Cilantro

**PERSONAL USE ONLY**

## GALACTAGOGUES

**More Milk Plus** - by Motherlove contains fenugreek, blessed thistle, nettle, and fennel seed. Available in a grain alcohol/alcohol-free liquid extract and as a liquid extract concentrate in vegetarian capsules. *Not for use during pregnancy.*

**More Milk Special Blend** – by Motherlove contains the herbs in More Milk Plus plus goat’s rue. Available in a grain alcohol/alcohol-free liquid extract and as a liquid extract concentrate in vegetarian capsules. *Not for use during pregnancy.*

**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.

### **Liquid Extracts**

Start: 1 ml 4 times per day

After 2-3 days may increase to 2 mls 3 times per day

### **Capsules**

Start: 1 capsule 4 times per day

After 2-3 days may increase to 2 capsules 3 times per day

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