

Nutrients for Breast Milk Health + Supply

Eating a nutrient rich, high variety diet when breastfeeding will support your milk supply; and promote production of nutrient dense breast milk. Here are some foods to include; and some to steer clear of.

EAT THESE

Oats + Barley



Aniseed + Fennel + Cumin
+ Coriander + Fenugreek +
Dill + Chamomile +
Lavender + Goats Rue +
Hibiscus + Milk Thistle



Ginger—fresh in
meals, tea, biscuits,
gummies,
crystalised...

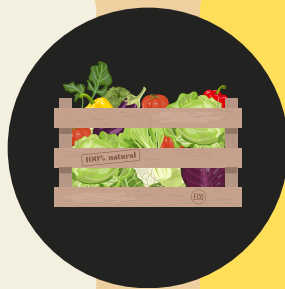


EPA/DHA from Fatty
Fish, Nuts, Seeds,
Algal Oils + Fish Oils
Supplements



Whole Food Diet

- Greens + Veggies
- Nuts and Seeds
- Wholegrains
- Legumes



Protein



3 Main Meals + 2
Snacks per/day



3L of Water per/day



STAY AWAY FROM

Fava Beans/Broad
Beans

Sage

Parsley

Jasmine

Peppermint

Alcohol

High Caffeine Drinks

Discretionary Foods