

# Mothers' Traditional Foods To Help Build Milk Supply



Mother Food

## Meal Planning Tips

- ✿ Every bite counts.
- ✿ Eat a healthy meal or snack every 2-3 hours.
- ✿ Initially after birth, limit food that is hard for you to digest, for instance fried, fatty, processed, or spicy food.
- ✿ Eat at least ½ cup of cooked greens or one cup of raw greens daily.
- ✿ Use vegetable milks such as almond, rice, coconut or hemp.
- ✿ Drink other drinks like Atole (oats or cornmeal simmered with milk or water), barley water, roasted barley coffee substitute (Pero, Kaffee Roma, DandyBlend)
- ✿ Flavor your food with lactogenic spices and condiments.
- ✿ Spice your beverages for instance with turmeric, anise, cinnamon or cumin.
- ✿ Have a green drink daily – blended/juiced or instant powder (barley grass, chlorella, spirulina).
- ✿ Soups made of the grains and vegetables listed here. Include bone broth and a green such as seaweed, kale, dandelion leaves, malunggay or torbangun leaves.
- ✿ As your supply grows, so does your hunger. Your body likes to know you are in a “time of plenty” and you signal this by eating often and well.

## Lactogenic Foods, Helpful for Making More Milk

### Vegetables

Fennel root, beetroot, carrots, dark leafy greens like romaine lettuce and mustard greens, green onion (Be sure to get plenty of greens, including “green drinks” – best 2-3x every day)

### Fruit

Dates, Figs, Apricots, Papaya, (use green papaya in soup) Goji Berries

### Good Fats

Butter, Olive Oil, Coconut Oil, Flaxseed Oil, Sesame Oil (Be sure to get plenty of fats) – supplement with fish oil and evening primrose oil.

### Grains

Barley, Oats/Oatmeal, Quinoa, Rice, Millet, Buckwheat

### Nuts and Seeds

Almonds, Sesame Seed, Sunflower Seed, Chia Seed, Hemp Seed, Flaxseed, Coconut

### Legumes

Chickpeas, Lentils, Peas, Green beans, Adzuki, Kidney, Black or White Beans

### Animal Products

Choose Organic, antibiotic-free, full fat meat and dairy, wild caught small fish

### Herbs / Spices:

Marjoram, Basil, Pepper, Fennel, Anise, Dill, Caraway, Cumin, Dandelion

### Condiments:

Garlic, Ginger, Onion

### Avoid Large Amounts:

Parsley, Sage, Rosemary, Thyme, Peppermint

(Also avoid these in candy, toothpaste, medicine, etc.)

**Let your love and joy  
flow to your baby,  
regardless how you  
feed.**

#### Reference:

Jacobson, Hilary

*Mother Food: A breastfeeding diet guide for lactogenic foods and herbs.*

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For more information, refer to **Mother Food** and other books, webinars and videos by Hilary Jacobson

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## Recipes Used Around the World by Breastfeeding Mothers

### Barley Water

**Barley Water** is used around the world to support milk supply. Many mothers find it to be as effective as the medicine Domperidone. Simply make a pot of barley water in the morning (or in a crockpot overnight) and drink or sip it throughout the day. Barley water is affordable and easy-to-make. You can use whole grain barley, pearl barley, or barley flakes.

**Quick Preparation:** Simmer 1/2 cup of flakes or pearled barley in 1 quart of water for twenty minutes. Open a couple capsules or add a teaspoon of one of the herbs on the list, (fenugreek, fennel, anise... etc.) Optional: a few slices of ginger.

Sieve off the liquid. If you would like, sweeten with natural sweetener such as stevia or honey.

**Long Preparation:** 1/2 cup of barley is simmered in 3 quarts of water for up to 2 hours. About half the liquid should cook off. As the barley simmers, the water will become thicker and turn pink. If barley water becomes too thick to drink comfortably, add in more water. Add in herbs and ginger, to suit your taste. Sieve off the liquid and sweeten. Drink one pot throughout the day, every day for a week, for best results.

For your information: Barley contains gluten.

### Oats and Oatmeal

**Horchata** is a Mexican beverage used by breastfeeding mothers. Oat flakes can be used instead of rice, and you can add in coconut milk or real almond milk.

Oats are fine in **soup**. Chicken soup supports milk supply. To make it even "stronger" cook it with the bones, and add in oat flakes or adzuki beans.

**Breakfast oatmeal**, ("quick flakes" or slow-cooking "steal cut" oats). Add lactogenic ingredients such as cinnamon, coconut sprinkles, almond slivers, raisins, sunflower seeds, and chopped dates, apricots or dried figs. Soften with butter, almond milk or coconut milk.

Add oatmeal to **cookies, muffins, pancakes** or **cake**, and add in some of the same lactogenic ingredients listed above for oatmeal.

### Beverages

Drinks that are rich in electrolytes and essential mineral salts are often helpful for supply. Electrolytes are naturally found in green vegetables and coconut water.

Some drinks mothers can try are horchata, coconut water, green powder mixes and freshly juiced or blended vegetable juices. Gatorade is often used by mothers who do not know about these other, healthier drinks. Gatorade is ok in a pinch, but these natural drinks can be used daily to support a mother's supply and also her health.

Carbonated beverages are often believed to suppress a mother's supply. If you drink carbonated water or soft drinks, carefully observe your response afterwards. The same holds for beverages that are sweetened with artificial sweeteners. Stevia is an herbal 0-calorie sweetener and is an option mothers can try in their food and beverages.

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### You May Feel More Hunger

When building milk supply, your hunger will probably increase along with your supply, and you may even gain a little weight. When your supply is reliable, probably after six weeks or so, you can reduce your food portions slightly and see if the extra weight begins to come off.

Remember – you will have plenty of time to regain your former figure. Now is your time for breastfeeding your baby.

### Reach Out for Advice and Support

If you have any questions at all, reach out for information and support. Your local LLL-Leader, LE or LC, your hospital or private IBCLC, and your WIC center can help you move through any obstacles and go on to nurse your baby.