

Breastfeeding Superfoods!

After you've given birth, pregnancy hormones lower which then helps the lactation hormone, prolactin, to be released. Prolactin sends a message that tells your breasts to make milk. There are natural ingredients that you can include daily to help encourage

Oats

Oats are high in iron, and low iron-levels can result in a decreased milk supply, and recommending a bowl a day is considered "traditional wisdom" in some countries

Other whole grains, such as barley, whole wheat, and brown rice are also lactogenic foods



Nuts {Almonds, Peanuts}

Nuts, especially raw almonds, are full of protein and calcium, both of which your body needs plenty of during this time!

Seeds {Sesame, Chia, Hemp, Flax}

Sesame seeds are high in calcium and estrogen-like plant properties. Flaxseed has phytoestrogens that can influence milk production, and it contains essential fatty acids.

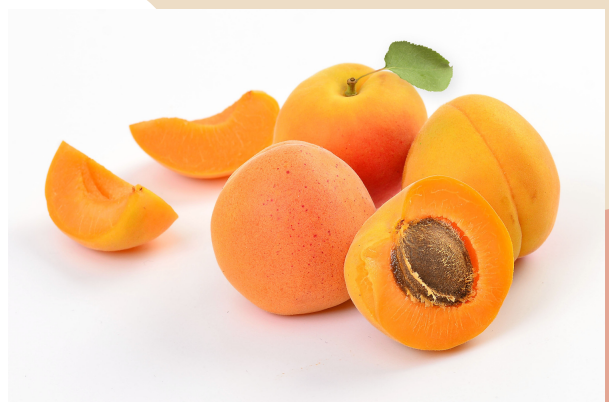


Coconut

From coconut water (aka Mother Nature's sports drink as it provides wonderful hydration), to coconut milk to coconut oil (known to increase the lauric acid in breastmilk, which can protect the baby's immunity) coconut is an amazing ingredeints!

Apricots

Packed with healthy nutrients, apricots also contain tryptophan, which is known to increase prolactin levels



Brewer's Yeast

High in B vitamins, iron, protein, chromium and selenium, this is one of the most common ingredients in many lactation treats as it also may help to give you more energy, have a positive effect on your mood, and get rid of the baby blues.

Be wary that as it passes readily into breast milk, it may cause gas and fussiness in some infants

Foods to AVOID when breastfeeding

While there are many wonderful ingredients known to help mommas produce good solid milk for their babies, the following is a list of foods to avoid, as they're not good for you and/or your baby during this time:

Fish

They're not "off limit" during this time, but limiting the amount you eat and choosing low-mercury seafood is best.

High-mercury: marlin, swordfish, bigeye tuna
Low-mercury: grouper, halibut, snapper, albacore tuna, mahi mahi, salmon



Herbs

Peppermint, sage, and parsley contain anti-galactagogues, meaning that (in high doses) they're known to potentially decrease breast milk production

Caffeine

You can pass caffeine to your infant in small amounts, so limit yourself when it comes to caffeine in your coffee, sodas, tea, and chocolate.



Highly processed foods

To meet the increased nutrient demands of breastfeeding, it's incredibly important that you eat a healthy, balanced diet. As most processed foods contain a high number of calories, unhealthy fats, added sugars, etc, limit your intake as much as possible.

Alcohol

Whether or not you are aware, you should avoid alcohol when feeding your baby. "Pump and dump" doesn't always work as the alcohol is in your bloodstream, so please be safe at all costs!

