FOODS THAT MAY HELP SUPPORT MILK SUPPLY

Need a little help boosting your milk supply?
Here are some foods traditionally believed to support breast milk production.

Producing more milk than you need?
You may want to limit these foods, as they are commonly thought to encourage milk production.

GRAINS

- Wheat
- Oats
- Barley
- Buckwheat
- Sesame

VEGETABLES

- Fennel
- Carots
- Cooked Jerusalem artichokes
- Quinoa

DAIRY

- Cow's milk
- Oat milk

NUTS

- Almonds
- Cashews

HERBAL TEAS

- Fennel
- Cumin
- Anise
- Verbena
- Chamomile

OTHER

- Brewer's yeast
- Lentils
- Dates
- Almond paste

SPROUTED SEEDS

- Fenugreek
- alfalfa
- Mung beans

GLAMFORMUM