



NUTRITION

EATING FOR BREASTFEEDING

There is no denying the miracle that is breastfeeding; from the incredible bonding opportunities it allows, to the powerhouse of nutrients it provides; breastfeeding is still to this day incredibly beneficial to both mother and child. Here are some tips on getting the most from breastfeeding and what exactly makes it so great.

Top foods to eat to increase breast milk production.

1. Water

Water forms the basis of breastmilk. If you are dehydrated it will be very hard for your body to produce enough breastmilk to satisfy your baby's thirst and to keep your body functioning properly.

2. Oats

Oats is well known for its milk supply boosting properties. It is also a comfort food that will help you to relax and will increase oxytocin (a hormone involved in milk production) release in your body.

3. Spinach

Your total energy, vitamin and mineral needs are increased when you breastfeed. To assist you in meeting increase vitamin and mineral requirements, spinach is a good source of calcium, iron, vitamin K, A, and folic acid. Folic acid is for the most part important for women who are breastfeeding.

4. Carrots

Carrots are a not so well known galactagogue (a food that promotes milk production) that also contains phytoestrogens. Carrots are high in beta-carotene and vitamin A.

Carrot juice is particularly good for breastfeeding moms and drinking a cup of carrot juice just before lunch may increase your afternoon breast milk supply.

5. Legumes

Legumes (chickpeas, lentils, lima beans, or green beans) are often used as lactogenic foods. Hummus is an ideal convenient snack for breastfeeding moms as it is a complete protein, and the combination of chickpeas and garlic (another galactagogue) makes this nutrient dense snack a top choice for nursing moms.

6. Asparagus

Another nutrient dense food that is packed with fibre, folic acid, vitamins A, C, and K. Asparagus also contains another important amino acid (tryptophan) that may stimulate prolactin (a key hormone involved in lactation) production and subsequently improve milk supply.

7. Dried fruit

Dried fruit also serve as a natural galactagogue. Dried apricots also contain phytoestrogens which help to steady the hormones involved in lactation. Calcium-rich dried fruits like figs, apricots, and dates are also thought to help with milk production. Take note: apricots also contain tryptophan.

Benefits of breastfeeding for the baby:

The benefits of breastfeeding extends to not only the baby but to the mother as well. Not only is it completely nutritious and packed with vitamins and minerals it has disease-fighting properties as well.