



ENHANCING BREAST MILK THROUGH OPTIMUM NUTRITION

- Choose organic. Breast milk is 50% fat - fats attract and store fat-soluble chemicals.
- Eat clean, wild fish several times per week. Fish is the only place to get fully-formed EPA and DHA; critical for brain development.
- Healthy fats and high quality animal protein at every meal and snack. Provides EFAs, necessary building blocks, vitamins & minerals, and stable blood sugar levels.
- Consume a rainbow variety of fruits and vegetables. Many are potent mother foods; provide antioxidants, vitamins, minerals, enzymes, folic acid, and beta-carotene.
- Snack on raw nuts and seeds and/or nut butter. Almonds, walnuts, cashews, pecans, macadamia nuts, sesame seeds, chia seeds, flaxseeds.
- Eat extra coconut, coconut milk, coconut oil. Richest food source of lauric acid. By law, lauric acid must be added to infant formula.
- Eat foods rich in choline. Precursor to acetylcholine, important for memory and learning.
- Supplement with a high-quality prenatal, fish oil and cod liver oil. Research shows cod liver oil is better at raising vitamin D levels than through diet alone.
- Include starchy vegetables every day and properly sprouted legumes if you tolerate them. Contains lactogenic saponins, phytoestrogen, and polysaccharides. To get the most benefit from legumes, it's important to properly soak and prepare them.
- Make time to eat. Eat meals and snacks at regular intervals throughout the day; never skip breakfast.
- Eat to satisfaction. Eat at least one large, satisfying, nourishing meal every day to produce necessary oxytocin.
- Drink clean, filtered water. Clean water is important when nursing; just don't over do it.
- Eat warming foods. Cooked, warm foods should form the basis of a nursing mother's diet.
- Get some sunlight every day. Necessary for both mother and baby to receive a healthy dose of sunshine for vitamin D and serotonin production.

LACTOGENIC SHOPPING LIST

Fruits & Vegetables

- ☐ Asparagus, artichoke, dark green leafy greens, fennel, carrots, beets, cauliflower, broccoli, Swiss chard, sweet potato, potato, Jerusalem artichoke, kale
- ☐ Apricots, peaches, nectarines, plums, sweet cherries, figs, papaya (green), all berries
- ☐ Unsweetened, unsulphured dried: apricots, dates, figs
- ☐ Rainbow VARIETY, organic if possible

Grains & Flours

- ☐ Quinoa, amaranth, buckwheat, millet
- ☐ White, brown & wild rice
- ☐ Gluten free organic steel cut oats
- ☐ Cappello's Grain Free Pasta
- ☐ Miracle Noodles
- ☐ Blanched almond flour, raw coconut flour, or other nut flours

Beans & Legumes (properly soaked & prepared)

- ☐ Chickpeas
- ☐ Lentils
- ☐ Mungbeans
- ☐ Kidney, black, or white beans
- ☐ Lima beans
- ☐ Green bean, peas

Nuts & Seeds (raw, unroasted, unsalted)

- ☐ Almonds
- ☐ Walnuts
- ☐ Macadamia
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Sunflower seeds (shelled)
- ☐ Brazil nuts
- ☐ Hazelnuts
- ☐ Chia seeds
- ☐ Hemp seeds
- ☐ Flaxseeds
- ☐ Sesame seeds
- ☐ Natural nut butters made from these nuts & seeds (raw, unroasted, unsalted)

Fish & Seafood (wild-caught, cold-water, sustainably farm-raised)

- ☐ Salmon
- ☐ Mackerel
- ☐ Halibut
- ☐ Herring
- ☐ Mahimahi
- ☐ Sardines (boneless, skinless in water)
- ☐ Oysters, shellfish

Check out Vital Seafood for amazing wild caught seafood products shipped directly to your door!

Poultry (organic, free-range, pasture-raised)

- ☐ Eggs
- ☐ Chicken
- ☐ Duck
- ☐ Turkey
- ☐ Pheasant
- ☐ Goose

Meat (organic, 100% grass-fed, pasture-raised)

- ☐ Buffalo
- ☐ Lamb
- ☐ Beef
- ☐ Game Meats (Venison, Elk, Rabbit, Goat, etc)
- ☐ Pork
- ☐ Bacon from grass-fed, pastured beef/pork (without added sugar)
- ☐ Deli Meats (gluten, sugar, preservative-free)
- ☐ Organ Meats (liver, kidney, heart, brain, etc)

Check out US Wellness Meats for the highest quality small-farm meat products (and other great stuff!) shipped directly to your door!

Dairy (organic, grass-fed)

- ☐ Butter
- ☐ Ghee

Sweeteners

- ☐ Raw, unfiltered, local honey
- ☐ Raw coconut sap sugar
- ☐ Green, whole leaf stevia
- ☐ Pure maple syrup
- ☐ Blackstrap molasses

Fats & Oils

- ☐ Raw, unrefined coconut oil
- ☐ Unrefined coconut butter
- ☐ MCT Oil
- ☐ Extra-virgin, unrefined olive oil
- ☐ Fish oil (high-quality)
- ☐ Organic pastured egg yolks
- ☐ Red Palm Oil
- ☐ Beef Tallow, Lard, Duck Fat
- ☐ Cold-processed (unheated) organic nut oils:
macadamia oil, avocado oil
- ☐ Native Forest full fat Coconut Milk, BPA-free
- ☐ Native Forest full fat Coconut Cream, BPA-free
- ☐ Avocados
- ☐ Olives (in brine without sugar or preservatives)

Special Foods

- ☐ Unsweetened coconut flakes
- ☐ Coconut milk
- ☐ Seaweed, assorted
- ☐ Homemade stocks/broth
- ☐ Tahini (sesame seed paste)
- ☐ Gomasio (sesame and sea salt seasoning)
- ☐ Teecino (herbal coffee alternative)

Miscellaneous

- ☐ Organic herbs & spices (fresh or dried): Fennel, cumin, fenugreek, fennel, dill, caraway, turmeric, coriander, cinnamon, ginger
- ☐ Coconut Vinegar, raw
- ☐ Coconut Secret Coconut Aminos
- ☐ Raw Apple Cider Vinegar
- ☐ Teecino (herbal coffee alternative)
- ☐ Organic ketchup without added sugar
- ☐ High quality dijon mustards (made without canola oil or added sugars)
- ☐ Homemade bone broths or ordered online from The Brothery
- ☐ Celtic Sea Salt, Himalayan Salt
- ☐ Unsweetened shredded coconut
- ☐ Raw cacao powder
- ☐ Cacao Butter
- ☐ Vanilla Bean Powder