

## **Foods that can help to increase milk supply**

1. Water
2. Barley
3. Oats
4. Other Whole Grains
5. Brewer's Yeast
6. Sweet Potatoes
7. Beans and Legumes
8. Dark Leafy Greens
9. Carrots
10. Okra
11. Garlic
12. Oranges
13. Green Papayas
14. Blueberries
15. Strawberries
16. Bananas
17. Avocados
18. Dried Apricots
19. Fenugreek seeds
20. Chia seeds
21. Hemp seeds
22. Flax seeds
23. Nuts
24. Greek Yogurt
25. Water

## **Supplements:**

There are supplements that contain fenugreek and other herbs in them.

**Motherlove More Milk Plus** is one

Mother's milk tea is similar but as a tea instead of a capsule.

[oatmama.com](http://oatmama.com) has a variety of products that are similar, but fenugreek free.