

Maternal Diet While Nursing

Foods to support a healthy milk supply:

- Electrolyte Drinks (Sports Drinks/Body Armor Water)
- Coconut water
- Protein rich foods (nuts, nut butters, lean meats, fish, eggs, beans, chick peas)
- Healthy Fats (olive oil, coconut oil, avocado, salmon)
- Vegetables/Fruits (apricots, green leafy vegetables, sweet potatoes)
- Rolled Oats (oatmeal, oatmeal cookies, lactation bars/cookies)
- Mother's Milk Tea or Nursing Support Tea
- Flaxseed
- Brewer's Yeast

No Bake Lactation Bars:

Ingredients:

- 3 cups of Rolled Oats/Old Fashion Oats
- $\frac{3}{4}$ cup of your favorite nut butter
- $\frac{1}{4}$ cup of honey
- 3 tbsp of flaxseed
- 2 tbsp of ground brewers yeast
- $\frac{3}{4}$ cup of mini chocolate chips
- 3 tbsp of your favorite protein powder (optional)

Mix well, pat into a pyrex, refrigerate for 2 hours, and then cut into bars. Keep refrigerated, usually keeps for 5-7 days.