**Diet for Pregnant and Nursing Mothers**

<http://www.westonaprice.org/childrens-health/diet-for-pregnant-and-nursing-mothers>

Breastmilk - tips to increase:

* I'm assuming you're pumping at work? They say having a clothing item from your baby to smell while pumping helps milk production. It has to do with the release of prolactin hormone
* coconut milk - known to increase milk production (add to oatmeal maybe?)
* oatmeal is a classic standby esp because it's high in carbs. The key is eating nutrient dense foods - try eating a steak
* staying well hydrated - try coconut water since it's high in electrolytes and helps you absorb the water. Many people don't absorb. I like adding a pinch of sea salt to water to increase mineral content and therefore absorption. If you're constantly peeing, you're most likely not absorbing too well.
* Beef bone broth - drink daily or add to soups. I like to carry around a thermos at all times. It contains calcium and mag, which helps with milk flow. Option: You can also take a Cal/Mag supplement before bed esp if you're not sleeping well. I recommend the New Chapter brand.
* try switch feeding: start nursing on one breast, and switch him over to the other breast five minutes later. Continue to switch back and forth every five minutes until the feeding ends.
* If he's already eating solids, decrease them for a day or two so that he will want to nurse more.
* Herbs: you're already drinking mother's tea. Optionally you can try a tincture with herbs such as goat's rue, blessed thistle, milk thistle, nettles, alfalfa, red clover, hops, astragalus, thyme, or dill
* Eat plenty of leafy greens: slightly cooked (avoid raw in the winter and because of thyoid issue).
* Try the tradition European method: Drink a dark beer made with barley (just one ;)
* You prob know this already but below is the Weston PRice recommendations. Most women find this diet hard to do since it's so much to eat but it's good to know anyways:

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| Diet for Pregnant and Nursing Mothers | [PDF](http://www.westonaprice.org/childrens-health/diet-for-pregnant-and-nursing-mothers/pdf) | [Print](http://www.westonaprice.org/index.php?view=article&catid=35:childrens-health&id=311:diet-for-pregnant-and-nursing-mothers&tmpl=component&print=1&layout=default&page=&option=com_content) | [E-mail](http://www.westonaprice.org/index.php?option=com_mailto&tmpl=component&link=aHR0cDovL3d3dy53ZXN0b25hcHJpY2Uub3JnL2NoaWxkcmVucy1oZWFsdGgvZGlldC1mb3ItcHJlZ25hbnQtYW5kLW51cnNpbmctbW90aGVycw==) |

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| Read this article in: [French](http://www.westonaprice.org/french/diet-for-pregnant-and-nursing-mothers-french) | [Spanish](http://www.westonaprice.org/spanish/diet-for-pregnant-and-nursing-mothers-spanish)  [Cod Liver Oil](http://www.westonaprice.org/cod-liver-oil/cod-liver-oil-basics) to supply 20,000 IU vitamin A and 2000 IU vitamin D per day  1 quart (or 32 ounces) whole milk daily, preferably raw and from pasture-fed cows (learn more about raw milk on our website, A Campaign for Real Milk, [www.realmilk.com](http://www.realmilk.com/))  4 tablespoons [butter](http://www.westonaprice.org/food-features/why-butter-is-better) daily, preferably from pasture-fed cows  2 or more eggs daily, preferably from [pastured chickens](http://www.westonaprice.org/farm-a-ranch/real-eggs-from-a-real-farm)  Additional egg yolks daily, added to smoothies, salad dressings, scrambled eggs, etc.  3-4 ounces fresh liver, once or twice per week (If you have been told to avoid liver for fear of getting "too much Vitamin A," be sure to read [Vitamin A Saga](http://www.westonaprice.org/fat-soluble-activators/vitamin-a-saga))  Fresh seafood, 2-4 times per week, particularly wild salmon, shellfish and fish eggs  Fresh [beef](http://www.westonaprice.org/food-features/its-the-beef) or lamb daily, always consumed with the fat  Oily fish or [lard](http://www.westonaprice.org/food-features/put-lard-back-in-your-larder) daily, for [vitamin D](http://www.westonaprice.org/fat-soluble-activators/miracle-of-vitamin-d)  2 tablespoons [coconut oil](http://www.westonaprice.org/knowyourfats/coconut_oil.html) daily, used in cooking or smoothies, etc.  [Lacto-fermented](http://www.westonaprice.org/food-features/lacto-fermentation) condiments and beverages  [Bone broths](http://www.westonaprice.org/food-features/broth-is-beautiful) used in soups, stews and sauces  [Soaked whole grains](http://www.westonaprice.org/food-features/be-kind-to-your-grains)  Fresh vegetables and fruits  **AVOID:**   * + Trans fatty acids (e.g., hydrogenated oils)   + Junk foods   + Commercial fried foods   + Sugar   + White flour   + [Soft drinks](http://www.westonaprice.org/modern-foods/soft-drinks-americas-other-drinking-problem)   + Caffeine   + Alcohol   + Cigarettes   + Drugs (even prescription drugs) |