

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**