

# Galacta-huh?

What is a galactagogue? Galacta-huh? You may have heard of different foods or herbs that help with breastmilk production. If you are a breastfeeding mom who has been breastfeeding on demand (meaning 8-12 times/day and more) and already met with a qualified lactation consultant to determine proper latching of the baby and you are **STILL** struggling with too low a supply then galactagogues may help.

The list below is an example of foods that have been tried by many people but may not have been tested scientifically.

- Flax
- Whole Grains, especially oatmeal
- Fenugreek
- Thistle
- Chayote
- Papaya, Ginger, Chickpeas
- Mexican hot chocolate
- Barley, buckwheat, dried fruit (such as apricots, dates & figs), honey, and dried beans.
- Almonds, coconut, sesame seeds, millet, rice, anise, fennel, dill



Note that most moms do not need to use galactagogues.