

Optimizing your Breastmilk

Since the level of nutrition in your diet directly influences your breastmilk, it is important to be aware of what you eat.

The following amino acids are very important in your baby's breastmilk diet and therefore you should try to include the following sources:

Lutein and Taurine

Lutein		Taurine	
<u>High levels</u>	<u>Low levels</u>	<u>High levels</u>	<u>Low levels</u>
Kale	Green Peas	Fish	Beef
Spinach	Summer Squash	Shrimp	Lamb
Swiss Chard	Brussel Sprouts	Clams	Pork
Garden Cress	Broccoli	Chickpeas	Chicken Leg
	Sweet Corn	Black Beans	Pistachios
	Beet Greens	Pumpkin Seeds	Tuna, canned
		Walnuts, Hazelnuts	
		Cashews, Almonds	
<p><i>2 cups raw spinach or half a cup cooked, provides you with enough Lutein</i></p>			

Glutamine and Arginine

Glutamine	Arginine
Beef	Turkey
Chicken	Pork Loin
Lamb	Chicken Breast
Salmon, Sole (salt water fish)	Pumpkin Seeds
Nuts-Almonds, Hazelnuts, Peanuts	Soybeans, Chickpeas, Lentils
Soy beans, Kidney beans	Peanuts
Eggs	<i>One chicken breast contains 70% of your protein requirements</i>
Raw Cabbage, Asparagus	

Also important: Omegas!

Omega 3 will help support your baby's brain and eye development, as well as improved infant motor skills, attention and behaviour. It can also help increase your baby's immunity, reducing the incidence and severity of allergic reactions.

Sources:

- ❖ Cold water high-fat fish, especially wild Alaskan salmon, sardines, anchovies, mackerel, shad, herring, and trout.
- ❖ Flaxseed oil, flaxseeds, hempseed oil, hempseeds, walnuts, pumpkin seeds, Brazil nuts, and sesame seeds. As well as Olives and Avocados
- ❖ Certain dark green leafy vegetables, including kale, spinach and collards.

Try to include the Lucein, Taurine, Glutamine and Arginine source where possible.

Here is an example menu:

Breakfast:	Snack:	Lunch:	Snack:	Dinner:
Crust-less spinach quiche OR scrambled eggs and spinach on 1 slice toast	Raw carrots / cucumber / peppers to dip in Hummus and some nuts	Salad with Watercress/spinach leaves, Sweetcorn, Chicken breast, Pumpkin Seeds and Avo	Lentil Crackers with Peanut butter/and one small fruit	Fish Fillet/Beef Sirloin with veg (broccoli, squash, asparagus, cabbage)