



## Lactation, A Connection to Baby

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Friendship day, a well joyful celebration in the month of August. Including me, we are busy in conveying our beloved wishes to far away friend, who still doesn't have any conversations before. I don't say it is wrong and something unwanted. We all need friends to get through this busy life. Peer relationship teaches us the social values, I believe. And that is the one among the reason, why our parents ask us to make a good circle of friends.

But as a Dietitian, I extend my friendship to all the nursing young mothers, too. Yes! I normally do this because; this month is too to be remembered for the breastfeeding month. World breastfeeding week is being celebrated from August 1 to August 7, every year, to encourage the young mothers to breast feed their little darlings and to impart knowledge on breastfeeding too.

In that way, this year, with the slogan "Empower Parents, Enable Breastfeeding," the celebration has already started. I would like to share few of my inputs for the young mothers.

When there is an elder in a family, she offers many nutritional tips and super foods, which many of the young parents are missing in today's busy world. At very young age, we all get migrated to many places and we all learnt to survive without the shadows of our parents or any of our elders. This small note on Super foods to boost your breast milk, is for those people, who are far away from their home, thus when reading my note, let us create a home feel.

When I say super foods, you may think of some extraordinary foods. But actually they are not. Super foods are our in home foods, which we are using in our traditional cooking or cuisine. Super foods are those, which promote the need in more instant and quick way. Hence, here are some super foods that impart quick secretion of breast milk in young moms.

### Oat meal: Super food 1

Oat meals are very common breakfast meal in fast moving world. You might be surprised; actually, this oat meal is much healthier option than other breakfast options, when it is being mixed with vegetables, milk and whole grain flour. This incorporation would increase the nutritional profile of the recipe made out of it. There is a connection between oatmeal and breast milk. As you all have guessed, it is a super food that promote breast milk in quick way. An oat meal is a good source of iron and it helps in combating the anemia. When this oat meal is included in the young mother's diet, she is devoid of anemia, and thus improving the breast milk. Anemia is one among the major reason for poor milk secretion. Thus combating anemia, supply of breast milk can be improved.

### Garlic: Super food 2

Garlic, our traditional ingredient in Indian Cuisine. Apart from imparting many digestive benefits, garlic aids in increased supply of breast milk. In addition of supplying a great flavor to your cuisine, this helps or prevents the newborn from colic. If you hate the after taste of garlic, try garlic pills, which too offer the same benefits as garlic. And when you use this garlic pills, you are devoid of aftertaste and moreover you can still enjoy the same benefits as the natural product. But, I usually recommend having the natural substance over a synthetic one, though you have bad garlic odor after intake, it is natural. You can brush your teeth or wash your mouth well, so that the bad odor is removed. So make sure you include at least 2 cloves of garlic in your meal.

### Fennel: Super food 3

Fennel, another traditional herb, is a galactagogue, which is a component that brings more efficient supply of breast milk. The

major reasons that the fennel has impact on the breast milk supply are that it holds the property of estrogen. The fennel can be taken in any forms like as a tea, as a natural herb/spice, as a vegetable or as a capsule. Fennel seeds can be roasted and grinded to powders which can be stored and used in Indian cuisine to impart aroma and flavor. With these properties in mind, industries manufacture the lactating supplements with fennel as one of their ingredient.

Fennel may be safe during breastfeeding but it is dangerous during pregnancy. If you overdo the consumption amount, it can reverse the action that is decreasing the milk supply. Hence, keep in mind, moderation is the key.

#### **Nuts: Super food 4**

As busy moms find really a hard time to prepare healthy snack for their office breaks, nuts are the best options to choose. While breastfeeding, the young moms, concentrating on both infants and works, they are often drove into poor nutrition. When the nutrition is poor, ultimately it affects the supply of breast milk. With lots of tension, the supply of milk is sometimes hindered to the cutie little pie. Hence, to overcome all these, nuts go in as handy options. Nuts are best friends with our brain, aiding us to keep our mind calm and tension free. The nuts are special in releasing the serotonin in brain, thus helping in relaxed mind. This forms the essential part in efficient milk supply when the nutrition of nursing mothers is corrected. Therefore, have a bowl of nuts especially, almond and cashews, which require no much of cooking or any pre-preparation before consuming.

#### **Drumstick: Super food 5**

Drumstick, a locally available food that imparts all the essential nutrients in the body. This drumstick has good amounts of calcium and iron. Thus consuming this vegetable, one have healthy bones and they should be devoid of anemia. Apart from supplying vital nutrients to the body, this magic veggie has the property of increasing the supply of breast milk. There are several studies which claims that, the drumstick have the effect on the increasing breast milk, by stimulating the mammary glands. Include this veggie in your soups, gravies and curries.

In the end, I would like close my points, while conveying an important message that, breastfeeding is more special for a mom. This develops a special love connection between mom and baby. Hence, never compromise this feeding with any of the meal. The

baby should be exclusively breast fed for first 5 months in their life. It's a beautiful phase in a woman's life which should be cherished. Hence, make this phase healthier with adequate balanced diet. Consult a dietitian, to get your food related queries cleared and lastly don't follow a myth blindly.

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