

SMART FOODS, SUPPLEMENTS AND HERBS FOR INSULIN-RESISTANT MOTHERS WITH LACTATION PROBLEMS

Smart Foods for insulin resistance

- Legumes
- Garbanzo beans
- Kidney Beans
- Brown rice
- Cinnamon (½ tsp per day)
- Carob Powder

Dietary supplements to reduce insulin resistance

- Chromium
- Gymnema
- Magnesium
- Myo- and D-chiro-inositol 40:1

Foods high in inositol

- Cantaloupe ¼, (355mg)
- Orange (307mg)
- Grapefruit, ½ (199mg)
- Eggplant ½ c, (84mg)
- Kiwi, ½ c (136mg)
- Cabbage, ½ c (70mg)
- Brussel sprouts ½ c (80mg)
- Kidney beans, canned, ½ c (249mg)
- English peas, canned, ½ c (235mg)
- Green beans, ½ c (105mg)
- Wax beans, ½ c (144mg)
- Stone-ground wheat bread, 1 slice (287mg)
- Northern beans, canned, ½ c (440mg)
- Northern beans, dried, ½ c (327mg)
- Nectarine (118mg)

Foods high in chromium

- Orange
- Potatoes
- Broccoli
- Basil
- Garlic
- Red grapes

Foods rich in magnesium

- Bananas
- Broccoli
- Artichokes
- Watermelon
- Avocados
- Raspberries
- Salmon
- Blue berries
- Maple syrup

Smart herbal galactogogues for insulin resistance:

- Fenugreek
- Goat's Rue
- Dandelion leaf
- Nettle leaf
- Milk thistle
- Moringa/Malunggay
- Coriander seed
- Black seed