**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 diabetes**

* 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
* Malunggay
* Coriander seed
* Black seed