Absolute no nos

Citrus and watermelon

First ten days don't eat ginger especially if she's jaundiced

Anything cold in temperature

Keep warm! Wear house slippers if you don't want to wear socks

Confinement food which are also galactagoges

Garlic, ginger, chicken, chicken soup made from whole chicken boiled for a few hours

Rice/porridge/oats

Young green papaya (super effective) boil it with some soup

Pepper, tumeric (curry)

Sesame oil/ seeds black one also good, hummus (not cold)

Fennel

Nuts like peanuts in a pork bone soups

Malt like horlicks and nutritional yeast

Eggs

Carrots and sweet potato

Fermented glutinous rice in a jar

Galactagoges that are not confinement food

Barley & barley water (also effective but cooling)

Spinach, kale and dark leafy greens - not all dark greens are cooling but I don't know which ones are

Apricots

Yogurt

Confinement food that have no impact on lactation

Dan GUI (not too much)

Chinese mushrooms and black fungus

Black vinegar (actually this could be a galactagog)

Chinese yam

Pork

Liver

Lamb/goat

GAO GEi (the small red seeds)

Red dates, logans

Chinese wine (cooking not drinking)

Ginseng

Dang shen

Foods that inhibit milk production

Cruciferous veggies - broccoli cabbage etc

Parley sage peppermint oregano

Citrus

Cooling foods you shouldn't eat

Watermelon

Eggplant

Duck (in general just eat chicken, turkey and pork)

Shellfish or other non fish seafood (white fish is best)

Cucumber