Lactogenic Foods Bibliography


**Beer**


Brewer’s Yeast
FOLLEY, S. J., WOODROFFE, E., IKIN, S. K. K. O. N., & WATSON, H. M. S. CCLVIII. OBSERVATIONS ON SPECIFIC NUTRITIONAL FACTORS IN LACTATION.


Barley


Quinoa


Hops


**Green Papaya**


**Torbangun (Colesus amboinicus lour)**


**Malunggay (Moringa oleifera)**


