

How To Include **Garlic** In Your Breastfeeding Diet



Add crushed garlic to rice recipes and soups



Garlic powder may be used in salads and grilled dishes such as chicken



Prepare a low-calorie sandwich base with a mixture of grated garlic and olive oil



Use garlic paste to prepare savory and flavorful sauces



Use fermented garlic to enhance the flavor of a plain dish

