**Mealtime must-haves**
Nursing essentials for milk-making mamas.

**The Twist** allows mom to collect, store, and feed expressed breast milk with a single bag. Brilliant!
*Kiinde system, $100, kiinde.com*

**Bamboobies therapy pillows**, $29, buybamboobies.com
Made with organic cotton, bamboo, and flaxseeds, these soothing pillows offer warm or cool relief.

**Ditch** the dowdy standard-issue pump bag, and upgrade to an equally functional, far more fashionable tote.
*Nurse Purse breast pump bag, $129, nursepurse.com*

**Collect** every last drop of leaking breast milk with this discreet storage device.
*Milkies milk-savers, $30, mymilkies.com*

**Not sure** if that glass of wine has made its way through your system yet? Gain peace of mind with this quick test.
*Milkscreen alcohol test strips, $15, milkscreen.com*

**Ensure you’re getting** enough DHA, lutein and vitamin E with the help of a specially formulated supplement.
*Similac breastfeeding supplement*

**Wash and wear these** made-in-the-USA nursing pads.
*Pretty Pushers*

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*Images and products are illustrative and may not represent the actual items mentioned in the text.*