

Benefits Of ALMONDS For Nursing Moms



Rich non-dairy source of calcium for healthy bones



Rich source of vitamin E and essential minerals

Has anti-inflammatory effects



Support the growth of gut microbiota

Healthy source of energy



May help improve the milk supply

References

- 1.Top 10 superfoods for breastfeeding moms; Sanford Health
- 2.Selection and Use of Galactagogues; La Leche League
- 3.Health benefits of almonds beyond cholesterol reduction; NCBI