

Health Benefits Of Peauls FOR NURSING MOMS



Contain a heart-friendly combination of unsaturated and saturated fats





Are high in proteins and contain all 20 amino acids





Act as a good source of dietary fibers





Provide a low glycemic index snack option and keep blood sugar stabilized





Provide minerals such as iron, copper, manganese, phosphorus, and magnesium



Reference

Peanuts as functional food: a review; National Library of Medicine



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Source: https://www.momjunction.com/articles/is-it-safe-to-eat-peanuts-when-

breastfeeding_00122303/