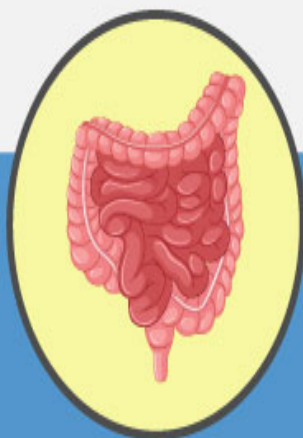


# How Eating **Avocados** Helps Nursing Mothers And Their Babies



Avocados are high in fiber, which aids in smooth digestion and prevents indigestion, and constipation when nursing.



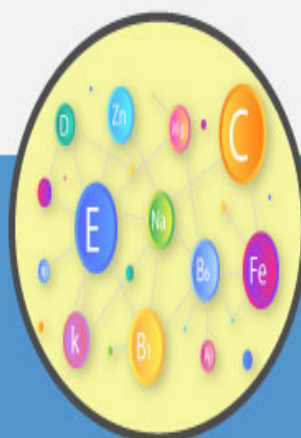
It contains folic acid, which is essential for maternal and baby health.



The fruit is rich in vitamin E, whose anti-inflammatory properties may help relieve inflamed joints after pregnancy.



Avocado is rich in monounsaturated fats ("good fat"), which can pass on to the baby through breast milk and help in healthy growth.



The fruit contains several micronutrients that may improve the nutritional profile of breast milk and benefit the baby.

## References:

1. Best Fruits for Arthritis; Arthritis Foundation
2. Healthy Eating for Pregnancy and Lactation; Illinois University