



Combat Fatigue While

Nursing With These Foods



Fruits such as
bananas, berries,
and apples



Low-fat dairy
products,
including yogurt



Vegetables
and nuts



Cereals such
as oatmeal



Whole grains such
as brown rice



Lean meat and
fatty fish

References:

- Fatigue fighting tips; Better Health Channel
- Welcome To The Fatigue Reduction Diet!; University of Michigan