

Benefits Of Almond Milk For Nursing Moms



Good source of calcium and vitamin D for breastfeeding mothers.

Low in fat and calories, making it a good choice for breastfeeding mothers trying to watch their weight.



Rich in antioxidants that can help reduce the risk of chronic diseases such as cardiovascular diseases.

Good source of protein, which is essential for the growth and development of the baby.



Rich in monounsaturated fats that help in weight loss and weight management for new moms.

Lactose-free, making it a suitable alternative for mothers who are lactose intolerant or allergic to cow's milk.



References:

1. Top 10 superfoods for breastfeeding moms; Sanford Health
2. Non-Dairy Milks: How Nutritious Are They?; Trinity Health
3. How well do plant based alternatives fare nutritionally compared to cow's milk?; NCBI
4. Milk free diet for breastfeeding mothers; NHS