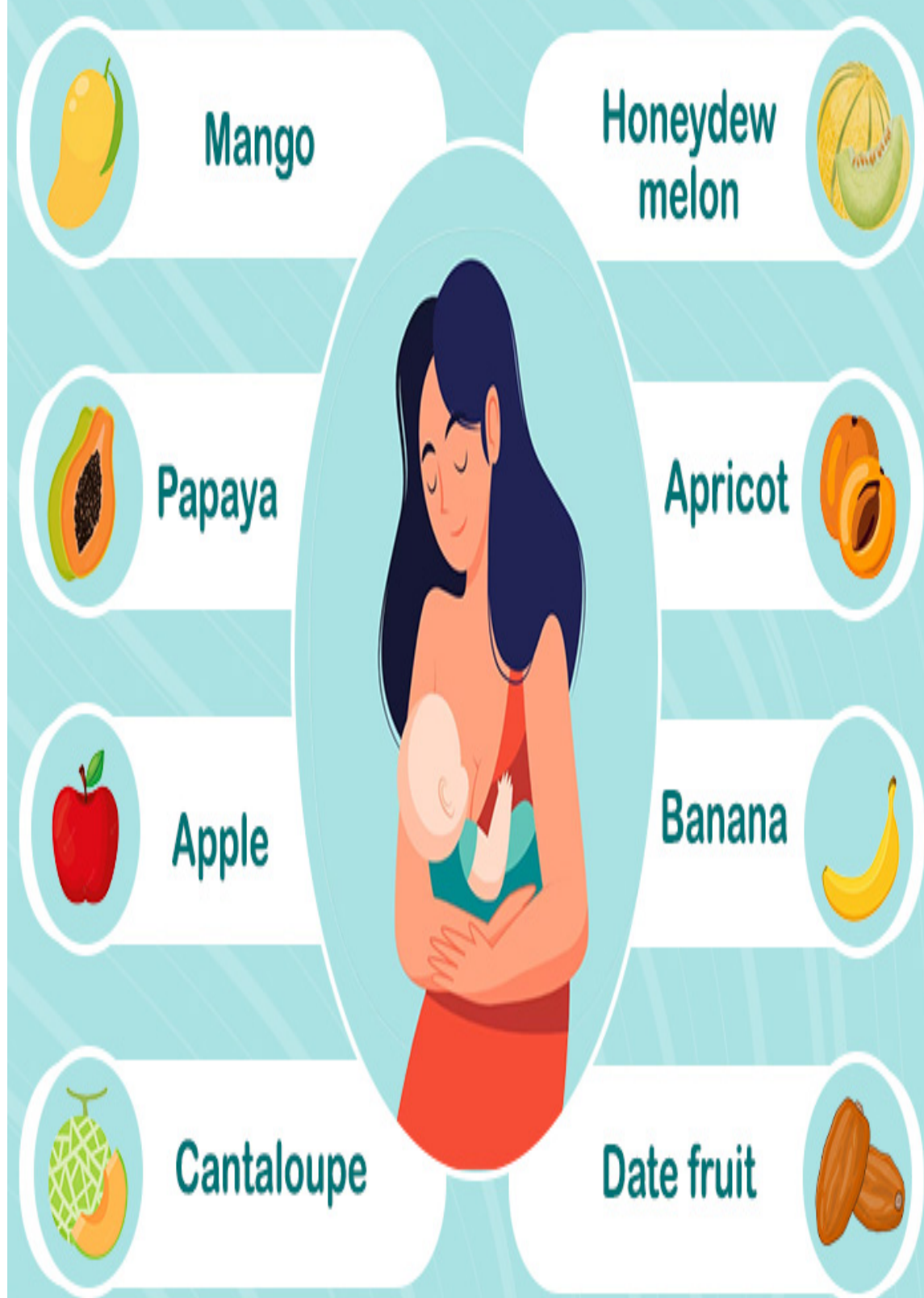


Common Fruits To Consume When *Breastfeeding*



References:

- What to eat when you are breastfeeding; University of Berkley
- Nutrition Guidance For Breastfeeding Women; University of Utah
- The Effects of Date Fruit Consumption on Breast Milk Quantity and Nutritional Status of Infants; NCBI Pregnancy & Breastfeeding.; Clemson University