



# Nutritional Benefits Of *Papayas For* Nursing Moms

Heals the body  
after childbirth



A great source  
of potassium

Improves digestive health



Improves vision

Protects against  
oxidative stress



## References

1. What Really Helps You Bounce Back After Pregnancy; John Hopkins Medicine
2. Potassium Levels of Tropical Fruits; Washington.edu
3. Clinical Pearls: Papaya As a Foundation for Gut Health; Clinical Education
4. Nutritional and Medicinal Values of Papaya (Carica Papaya L.); ResearchGate
5. Antioxidant Properties of Unripe Carica papaya Fruit Extract and Its Protective Effects against Endothelial Oxidative Stress; NCBI

