

BENEFITS OF EATING GRAPES FOR NURSING MOTHERS

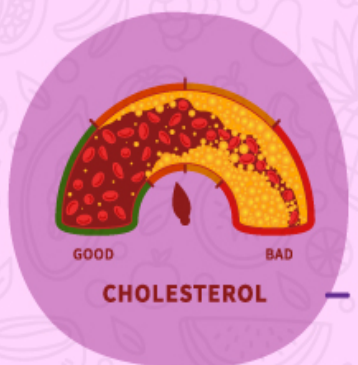


Strengthens immunity

Grapes contain vitamin C, which helps keep infections away.

Supports heart health

Resveratrol in grapes may help protect against heart disease.

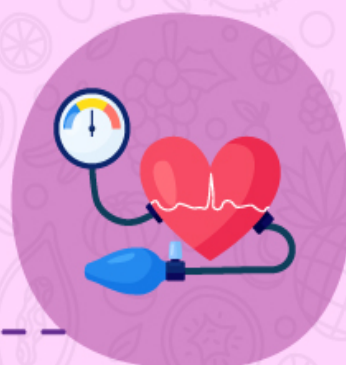


Protects against high cholesterol

The fiber content of grapes helps lower cholesterol in the blood.

Regulates blood pressure

Grapes are low in sodium and may be included in a “low sodium” diet in people aiming to reduce blood pressure.



Regulates blood sugar

Grapes have a low glycemic index and may help protect against diabetes.

Gives you better sleep

Grapes contain melatonin and may help you feel like sleeping at night.



Protects against cancer

High antioxidant content of grapes may prevent or delay the onset of various cancers.

Reference

1. 10 Health Benefits of Grapes; Cleveland Clinic

