



Pros And Cons Of Eating Oranges When Nursing

Benefits



Oranges are rich sources of vitamin C which is needed in extra quantities by breastfeeding mothers for iron absorption.



Fortified orange juice can provide the vitamin D needed for calcium absorption.



Orange juice can also provide DHA to the baby through the mother, aiding in their brain and eye development.

Side Effects

The baby may be sensitive to oranges as it is one of the fruits that may induce allergy.



For mothers with low breast milk supply, oranges may not be recommended.



Maternal consumption of citrus fruits may cause acid reflux in some breastfeeding babies.



Reference

Eating for Healthy Breastfeeding; HealthEd

How a Healthy Diet Helps You Breastfeed; Healthy Children

Keeping breastmilk safe and healthy; March of Dimes Fruits; University of Nebraska-Lincoln

5 best and worst foods for breast milk supply; Le Bonheur Children's Hospital

GERD (Gastroesophageal Reflux Disease) in Children; Stanford Children's Health