



## Important Things To Know **About Beans** During Lactation

### Benefits of consuming beans during breastfeeding

- Beans may help in postpartum weight management due to their fiber and protein-rich content.
- The germinated beans may help relieve indigestion due to their fibrous nature.



### Possible side effects of beans for breastfeeding women

- Consuming raw dried beans may reverse its effect on digestion and cause digestive problems, and may also cause gas.
- Excess consumption may interfere with mineral absorption in the body.



### Precautions while consuming beans while breastfeeding

- Buy organic beans. Prefer the ones that are clean and without any blemishes and unusual dimples.
- Always eat cooked beans to destroy pathogens and natural toxins.

