



Health Benefits Of *Peanuts* FOR NURSING MOMS



Contain a heart-friendly combination of unsaturated and saturated fats



Are high in proteins and contain all 20 amino acids



Act as a good source of dietary fibers



Provide a low glycemic index snack option and keep blood sugar stabilized



Provide minerals such as iron, copper, manganese, phosphorus, and magnesium



Reference

1. Peanuts as functional food: a review; National Library of Medicine

