

How Do Onions Benefit Nursing Moms?



May strengthen immune health



May improve cholesterol levels and reduce the risk of heart diseases



May help prevent the risk of breast cancer



Can provide antioxidants that may help reduce inflammation



References:

1. Eat Right. Eat Color; VA Nutrition And Food Services
2. A review of anti-inflammatory, antioxidant, and immunomodulatory effects of *Allium cepa* and its main constituents; NCBI
3. Effect of onion on blood lipid profile: A meta-analysis of randomized controlled trials; NCBI