

Healthy Food for Pregnant Women!

WHAT TO EAT



1

Broccoli and Dark, Leafy greens.

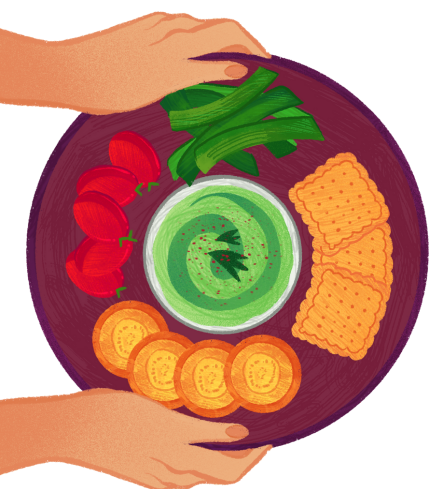
Benefits include fiber, vitamin C, vitamin K, vitamin A, calcium, iron, folate, and potassium.



Whole Grains Good to Eat.

Whole grains, like oats and quinoa, also contain a fair amount of protein.

2



Eat Avocados During Pregnancy.

Avocados have high in fiber, B vitamins (especially folate), vitamin K, potassium, copper, vitamin E, and vitamin C.

3



Eat Sweet Potatoes During Pregnancy.

Sweet Potatoes are rich in beta carotene, it is converted into vitamin A in your body.

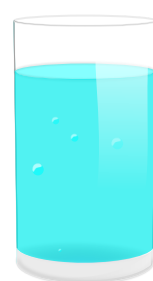
4



Eat Water During Pregnancy.

5

Stay hydrated during pregnancy so, drink water as much you can. Water help relieve constipation and reduce your risk of urinary tract infections.



Read More Blog At:



World Incredible

