



# Potential Benefits Of Eating Bitter Gourd During Pregnancy

Curbs gastrointestinal disorders, including constipation



Promotes good digestive health



Possesses antimicrobial and antioxidant properties



Can help prevent gestational diabetes



High fiber content can satisfy food cravings without adding extra calories



High folate content can help prevent neural tube defects in babies



## References:

1. Balsam-pear (bitter gourd); USDA
2. Folic Acid: the Vitamin That Helps Prevent Birth Defects; New York State
3. Bitter Gourd: Health Properties and Value Addition At Farm Scale; Research Gate
4. Fiber In Pregnancy; AptaClub
5. Momordica Charantia Linn. (Karela): Nature's Silent Healer; Jiwaji University Gwalior