



Health Benefits Of *Onions For* Pregnant Women



Ensure healthy fetal development



Help lower blood pressure



Help regulate bowel movements



Help manage gestational diabetes



Control maternal body weight



Help treat coughs and colds



References:

1. Naturopathic Kitchen: Onions; Association of Accredited Naturopathic Medical Colleges
2. What Should You Eat When You're on a Gestational Diabetes Diet Plan?; Cleveland Clinic
3. Adherence to the New Nordic Diet during pregnancy and subsequent maternal weight development: a study conducted in the Norwegian Mother and Child Cohort Study (MoBa); Cambridge Core