

# BENEFITS OF TURNIPS FOR EXPECTANT MOMS



Lowers cancer risk



Supports lung health



Alleviates constipation



Supports immunity



Supports fetal development



May lower blood glucose

## References

- 1 Turnip (Brassica Rapus L.): a natural health tonic; ResearchGate
- 2 Co-administration effects of aqueous extract of turnip leaf and metformin in diabetic rats; NCBI