



PROS AND CONS Of Eating Ghee *While Pregnant*

Health Benefits

Keeps the digestive system healthy.



Promotes healthy fetus development.



Improves mood and relieves stress.



Side Effects

May cause increased baby weight, especially if consumed in excess in the last trimester.



May cause maternal obesity if you're also consuming junk foods and a high-calorie diet.



Can make it difficult to lose pregnancy weight after delivery.

