Pros And Cons Of Eating Flaxseeds When Pregnant
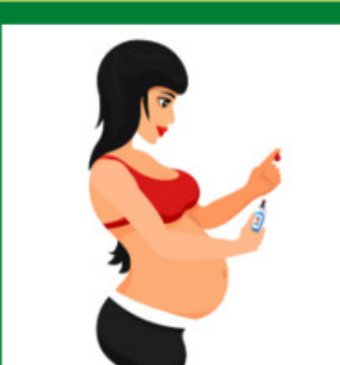
Pros

Helps in fetal brain development

Alleviates constipation

Regulates blood sugar levels

Reduces the risk of cardiovascular diseases

Cons
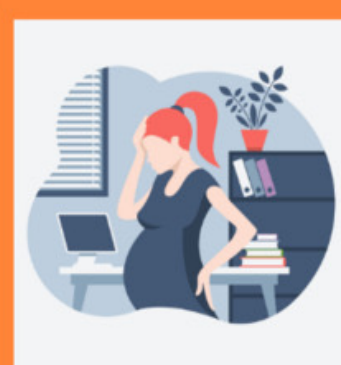
Overconsumption can cause gastrointestinal issues

May lead to allergic reactions

Unripe and raw flaxseeds might cause a sudden rise in blood pressure

Might lead to cyanide poisoning if eaten in excess

MomJunction