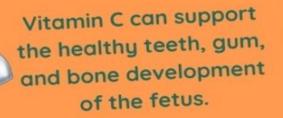


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Beta-carotene converts to vitamin A in the body only when needed, preventing vitamin A toxicity.

## **References:**

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- 5 Snack Foods to Eat While Pregnant; Johns Hopkins Medicine
- 10 foods that support a healthy pregnancy; Tufts Medical Center
- Eating Healthy For Two; American Pregnancy Association
- Pregnancy Nutrition: What To Eat, What To Avoid; Penn Medicine
  Lancaster General Health
- Beta Carotene; HSIS
- Vitamin A; NHS



Source: https://www.momjunction.com/articles/amazing-benefits-carrot-juices-pregnancy\_0086278/