

Beneficial Nutrients Of

CARROT

JUICE



For

MOMS-TO-BE



Fiber can help prevent and reduce constipation.



Vitamins A and C can aid iron absorption and support proper blood circulation.



Vitamin C can support the healthy teeth, gum, and bone development of the fetus.



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

References:

- 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