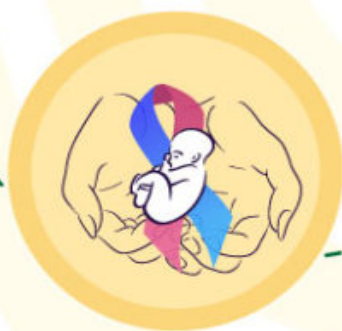




Chickpeas For Pregnant Women

Benefits



Reduce the risk of congenital abnormalities.



Keep blood sugar level under control and manages gestational diabetes.



Reduces the risk of anemia

When To Avoid



If you're suffering from diarrhea or other bowel-related issues



If allergic to legumes



If you're feeling bloated