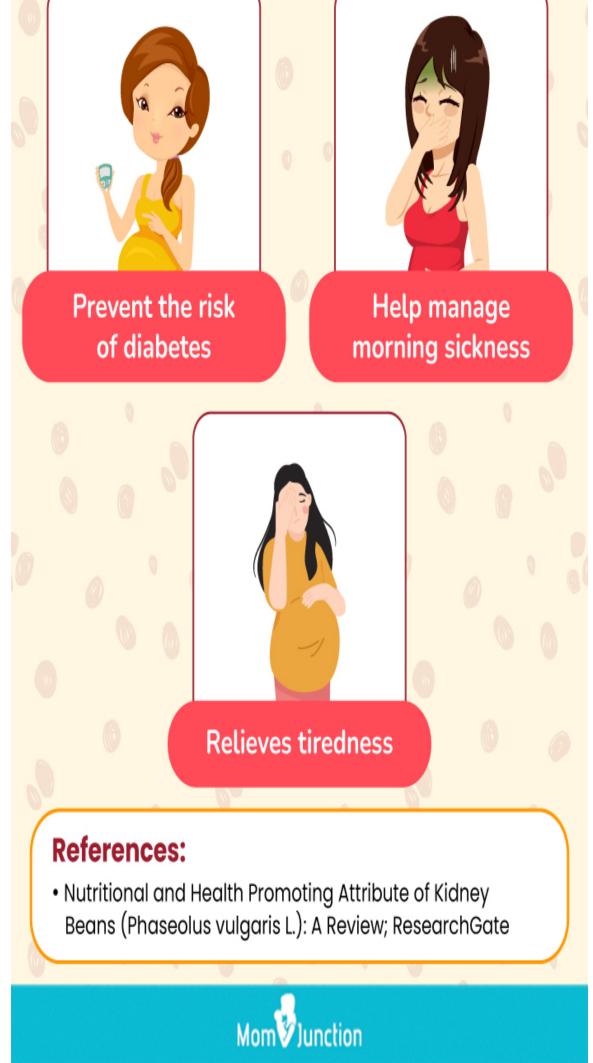
How Kidney S Beans Benefit Pregnant Women

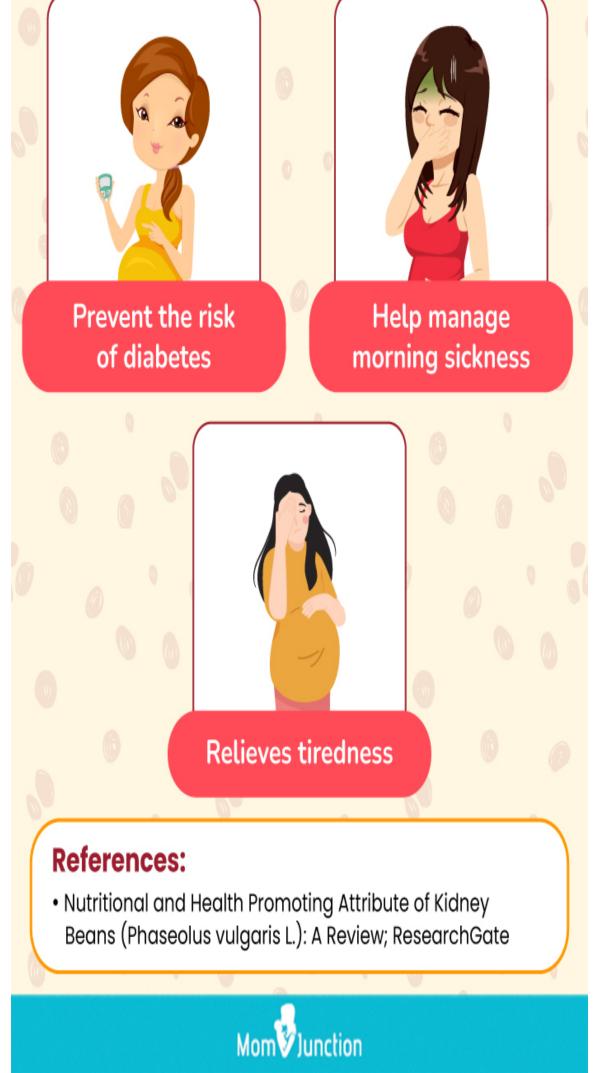




Prevent iron deficiency

Excellent source of protein





Source: https://www.momjunction.com/articles/health-benefits-eating-kidney-beanspregnancy_0084813/