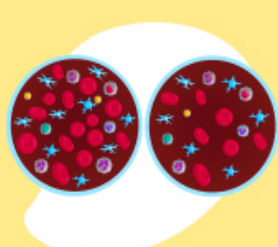
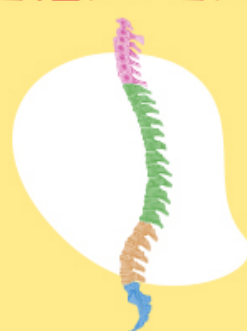


Why You Should Eat Mangoes When Pregnant



This fruit is a rich source of vitamin C that helps in the absorption of iron and the prevention of pregnancy-related anemia

The folic acid in mangoes is crucial for the development of the fetal brain and spinal cord



The dietary fibers present in them help improve digestion and prevent constipation in the first trimester

Vitamin A in the fruit helps in the healthy formation of the fetus' bones and teeth



Mangoes are also rich in vitamin B6, which help fight morning sickness and nausea

The presence of antioxidants helps fight free radicals and reduces the risk of premature birth



Mom Junction

Source: https://www.momjunction.com/articles/safe-eat-mango-pregnancy_0074563/