



Helps in weight management



Improves muscle health



Promotes healthy bones



Aids brain development of the fetus



Improves digestive health



Controls blood pressure

References:

- 1. Is Yogurt Good for You?; Cleveland Clinic
- 2. lodine is important for the normal development of a baby's brain and nervous system; NSW



Source: https://www.momjunction.com/articles/is-it-safe-to-eat-greek-yogurt-during-pregnancy_00361343/