

# Why You Should Eat Pomelo In Pregnancy



Promotes digestion and  
reduces constipation



May help lower the  
risk of birth abnormalities

Helps boost immunity



Good source of antioxidants

Helps in maintaining  
normal blood pressure  
throughout pregnancy



May help prevent sunspots  
and skin discoloration

## References:

1. Grapefruit Benefits; John Hopkins Medicine
2. Amazing Health Benefits Of Pomelo Or Chakotra; UCBMSH