

Tips To Include Grapefruit In Your Pregnancy Diet



Snack on small grapefruit slices throughout the day.

Blend grapefruits with yogurt and other fruits (if you like) to make a delicious smoothie.



Add grapefruits to your fruit salads.

Prepare tea using grapefruit, or add a slice to your black tea.



Prepare a healthy mocktail with grapefruits and other fruits of your choice.

Make your own freshly squeezed grapefruit juice, or buy 100% pure juice.

