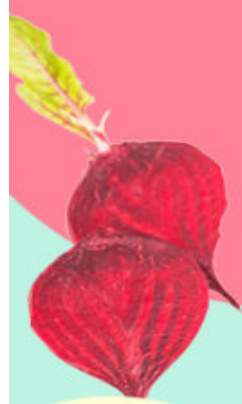


Why Consume Beetroot During Pregnancy?



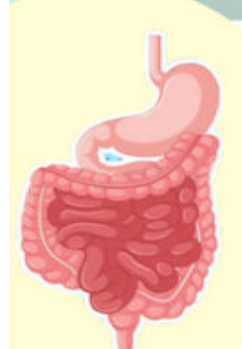
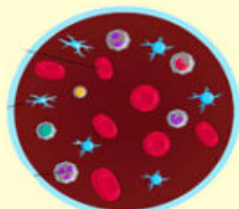
They have a high content of folic acid, which reduces the chances of congenital disabilities in the fetus.

They contain calcium and magnesium, which help reverse the signs of decalcification of teeth in pregnant women.



They help relieve joint pains and swellings due to their anti-inflammatory properties.

They have iron, which helps boost the count of red blood cells in the body and avert the risks of anemia.



They help improve digestion and deal with constipation.

They help in the proper growth and development of the fetus.



They purify the blood and reduce the chances of infections.