



Advantages Of Adding Bocconcini Cheese To Your Pregnancy Diet



It is rich in proteins and supports maternal health and fetal growth.



It is a great source of calcium and lowers the risk of osteoporosis.



It provides sufficient calories and keeps you fuller for longer.



It is rich in vitamin B12 and vitamin A, essential for fetal development.



Its high sodium content helps reduce the risk of preeclampsia.



It is naturally low in lactose levels, hence tolerated well by lactose-intolerant individuals.

Reference:

1.Cheese; Harvard University