

Help improve the functioning of the immune system



Prevent constipation due to the rich fiber content



Keep blood pressure in check and reduces the chances of pregnancy-induced hypertension



Keep you hydrated



Presence of folate helps in avoiding neural tube defects in the fetus



Presence of antioxidants helps keep common pregnancy skin problems at bay



Mom

Source: https://www.momjunction.com/articles/safe-eat-oranges-pregnancy_0081702/