



SAFE WAYS TO CHOOSE

AND EAT CABBAGE WHEN PREGNANT



1
Look for **fresh and heavy** ones with no limp or wilted leaves, blemishes, or spots.

2
Choose **organic** rather than raw or stuffed cabbage varieties.

100%
ORGANIC



3
Look for cabbages with **compact and large heads** with tender green leaves.

4
The stem and the **leaves should be intact** at the bottom.



5
Buy **Savoy and Napa** cabbages, they have softer leaves and are not tightly furled.

6
Avoid buying **shredded** or halved cabbage.



7
Wash the cabbage **thoroughly** and eat it steamed, boiled, sautéed, or roasted.

8
Do not overcook, as it can alter the cabbages' nutritional value.

