

# Benefits Of Pumpkins For Pregnant Women



Treats stomach infections, diarrhea, and constipation



Relieves cramps and pains

Increases satiety and regulates appetite



Proteins in pumpkin aid fetal growth and bone development

Regulates mood and sleep



Pumpkin seeds aid heart health

Anti-inflammatory effects help the immune system



Regulates insulin and blood sugar levels

## References:

1. Pumpkin, a fall favorite; University of Illinois
2. Nutrition during pregnancy; Academia EDU
3. The five most important vitamins and minerals; The Open University
4. Fall Fanatics Rejoice: The Impressive Health Benefits Of Pumpkin; Luminis Health