

Benefits Of Consuming *Watermelon* In Pregnancy



Reduces morning sickness



Aids digestion and soothes heartburn



Improves bowel movement



Reduces blockages in blood vessels and edema



Aids the baby's development



Helps rehydrate the body



Improves dental health



Reduces the risk of asthma

References:

1. Heartburn & Upset Stomach During Pregnancy; Anoka County, MN
2. Surprising Health Benefits of Watermelon; University of Arkansas System

