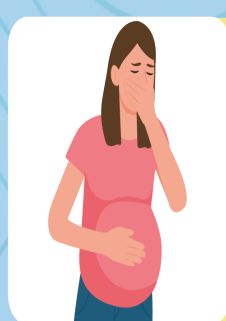


POSSIBLE SIDE EFFECTS OF INSTANT NOODLES DURING PREGNANCY

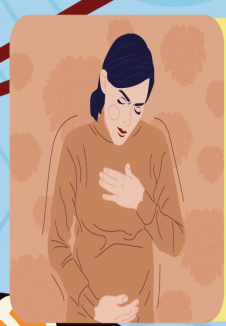


May cause **indigestion**

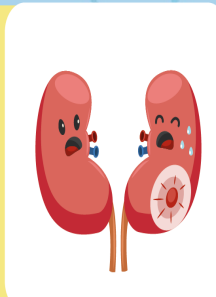
Can lead to **hypertension**



Increases risk of **heart ailments**



Increases the risk of
renal disease in baby



Alters **blood sugar**

References:

- 1) Gestational Diabetes Treatment Plan; Yale University
- 2) Association Between Urinary Sodium and Potassium Excretion and Blood Pressure Among Adults in the United States: National Health and Nutrition Examination Survey; NCBI

