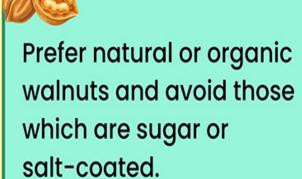


Consult your doctor before adding walnuts to your pregnancy diet.





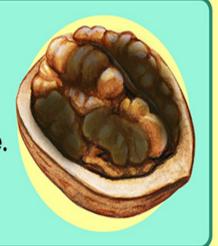




Buy walnuts from standard and trusted brands.



Avoid buying walnuts with dark spots or a rancid taste.





Store walnuts in an airtight container or refrigerator.





Source: https://www.momjunction.com/articles/safe-eat-walnuts-pregnancy_0081866/