

How To Eat Bananas While **PREGNANT**

Prefer buying organic varieties of bananas.



Eat fresh and clean bananas without any spots or blemishes.

Avoid eating the ones left open in the kitchen or fruit bowl for many days.



Do not eat bananas that are deformed or overripe.

Limit your daily intake to one to two medium-sized bananas.



If you have gestational diabetes, avoid eating the fruit.