



Pros And Cons Of Corn Flakes During Pregnancy

Advantages

Reduces the risk of preeclampsia



High fiber content satiates hunger



Regulates intestinal mobility



Regulates blood insulin levels



Possible Disadvantages

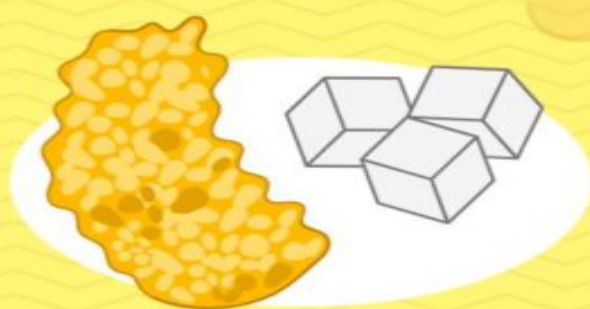
Inability to reap the complete nutritional benefits of whole grain



The acidic nature of grains causes the body to become acidic



Commercial cornflakes contain excess fats and sugars, which may be harmful



Aggravates irritable bowel syndrome

