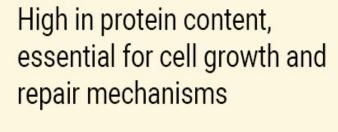


A good form of probiotics and convenient to add to the diet





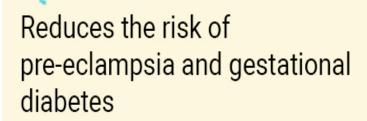
An excellent source of calcium and helps develop strong bones and teeth







Rich in folate, zinc, phosphorus, and B vitamins, crucial for pregnant women







Helps in managing constipation, inflammatory responses, and infections



Source: https://www.momjunction.com/articles/safe-eat-yogurt-pregnancy_0086568/