



Excessive consumption might lead to an increase in the levels of blood sugar

The presence of high fructose content might induce cramps





Increases the risks of dental cavities

Overconsumption might lead to an increase in body weight





Its poor digestion might cause diarrhea and bloating



Source: https://www.momjunction.com/articles/amazing-benefits-of-honey-for-pegnant-women_0079415/