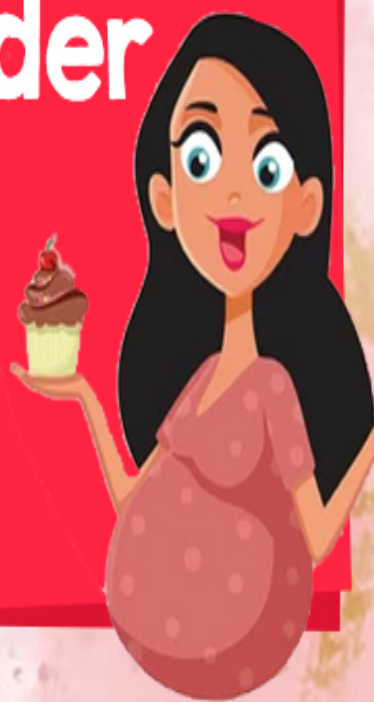


Points To Consider Before Eating Cakes During Pregnancy



Eating large amounts of cake is not recommended during pregnancy.



Cakes have limited nutritional value and benefits.



Consuming too many sweets (including cakes) increases the risk of gestational diabetes.



Homemade cakes without cream or custard are a safer option.



Cakes with eggs pose a risk of microbial infections.



It is best to limit the intake of cakes during this time and consider healthier alternatives.

